

by Frank Ra
Neale D. Walsch (Foreword)
Eckhart Tolle (Conclusion)

BioHarmonizing

*How To Flourish During
These Interesting Times*

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How To Flourish During These Interesting Times

Frank Ra

This book is a powerful, life-changing tool for personal development. It is not intended to be a substitute for medical care. If you have any medical condition, we suggest that you consult your physician and use this book under her/his supervision. Statements contained in this book have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. Neither the author nor the publisher assumes responsibility for the use of this book.

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Dedicated to special, inspiring beings who have made a difference in my path to the present.

To my wife, a living example of awareness and acceptance: thanks for being as you are, for walking this path together! To my parents, who embody the power of meaning and motivation: thanks for all the extraordinary sacrifices you made, and for making them look ordinary.

To my maternal grandparents: thanks to my grandfather, who was active around the world and brought his wisdom back to Italy. Thanks to my grandmother, who was always attentive and shared an example of love, which has been transmitted from generation to generation.

To my paternal grandparents: thanks to my grandmother, who is always an example of resiliency. Thanks to my grandfather, I hope to respect the name we both share, at least a bit of how much he did.

To my parents-in-law: thanks for giving to my wife the present of life. Thanks for the knowledge and wisdom you share from your medical and spiritual experiences.

Dedicated to the co-facilitators and participants of our Eckhart Tolle Meetup in Vancouver, especially to Meg, who kindly edited this book. To Andrea Morlacchi, the artist who designed the book cover. To the Vancouver Public Library system, a temple of inspiration, and to the VPL staff who kindly provide some of the locations for our gatherings around Metro Vancouver.

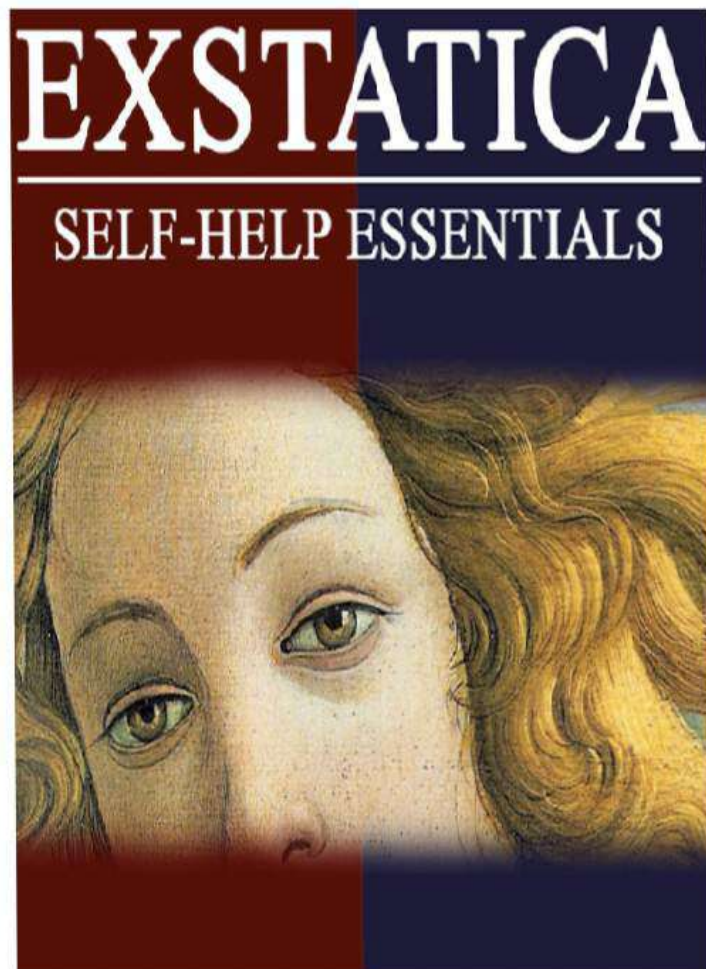
Dedicated to everyone with whom I have crossed paths.

No matter how, and how long, our interactions and co-creations were, you can be sure some of their fruits brought me here, to the present moment.

Thanks for being one. Even if we could not be otherwise.

Frank

From the same author of



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CONTENTS

Foreword, by Neale Donald Walsch	1
A letter to you, the reader	3
Introduction	7
Part I	
1 Emptying the cup	23
2 being Aware and Accepting	43
Part II	
3 being Meaningful and Motivated	89
4 being Active and Attentive	95
5 being Resilient and Respectful	115
6 Eating properly and Exercising	125
Part III	
7 Being, beyond narratives	135
8 Conclusion, by Eckhart Tolle	143
What's next?	147

FOREWORD

by Neale Donald Walsch

Peace will be attained when we, as human beings . . .

Permit ourselves to acknowledge that some of our old beliefs about God and about Life are no longer working.

Explore the possibility that there is something we do not understand about God and about Life, the understanding of which could change everything.

Announce that we are willing for new understandings of God and Life to now be brought forth, understandings that could produce a new way of life on this planet.

Courageously examine these new understandings and, if they align with our personal inner truth and knowing, enlarge our belief system to include them.

Express our lives as a demonstration of our highest beliefs, rather than as a denial of them.

*"The New Revelations: A Conversation with God",
published with permission*

A LETTER TO YOU, THE READER

"Living life as a harmonic journey, from perceived fragmentation through wholeness, from sleeping and mechanical action/reaction through awakening"

Dear friend,

Thank-you for consciously walking this path together! You may be a joyful reader from my workbook, "A course in happiness". You may be a loyal reader of the personal and spiritual development blog, AmAreWay.org. You may have attended the Eckhart Tolle-inspired gatherings that, together with other wonderful beings, I facilitate in Vancouver, or some of the talks I gave in person and online. Or, let's be frank, you may be here by chance: a friend recommended you this book, the book cover caught your eyes and you downloaded/grabbed it, etc.

No matter what brought you, what matters is that here we are. Together, we:

- understand why so many of us honestly want to contribute to a better world for all, but still many feel as though we haven't managed to do that yet.
- expand our awareness about what matters for you. I will not tell you what matters in your life, but will provide you with tools to set your priorities.
- see how to harmonize your strengths, goals, actions,

etc. to live accordingly to what you value the most.

If at any point you feel the urge to do so, put the book down. Take a big breath. Have a walk. Call someone you love. Visit someone who loves you, and maybe hasn't seen you for a while. This is not a long essay, or a collection of long essays, to read all at once. Even if you are used to the linear thinking presented in many modern books, there are other ways to express oneself. If you can benefit from spiritual and personal inspirations, presented by topic, plus practical tools and approaches you can use to facilitate your joyful living, this is the book for you!

Remember, this book is content. The content points to our true nature, however no content can really express our true nature fully. Our true nature is essence; content is form. This applies to this book, to any personal development and spiritual practice, etc. You are the space where these practices take place. You are not these practices and, for certain, these practices are not who you are.

BioHarmonizing sparkles from a vision: **"Living life as a journey, from perceived fragmentation through wholeness, from sleeping and mechanical action/reaction through awakening"**. As you see, wholeness is not a goal, nor is awakening. Wholeness is who we really are, and awakening is not really something to put on a "to do list". We are already there; we just need

to be aware of it. We do not need to add more incremental knowledge, we just need to let go of our attachment to form and remember the wisdom we already are.

May all beings be happy,

frank

Vancouver, 12.12.12

INTRODUCTION

Why should I read this book?

If you are here for instant results, and want to discover some tools to facilitate your personal development, and start using them immediately, BioHarmonizing enables you to:

- expand your awareness, using ten simple pointers.
- understand what matters to you, by inquiring into your values and real priorities.
- act on what matters to you, thanks to effortless tools you can use to improve performance.
- improve your resiliency, with timeless wisdom and the latest findings from neuroscience.
- understand that very little, if anything, is determined, and that a lot is influenced by all beings and the way we interact with each other and with our ecosystem.
- boost your energy, by feeding your body and mind what most benefits them, and by utilizing natural superfoods like Moringa.

If you are on a lifelong journey in presence, you can discover:

- why evolution, which is a fact, has been tainted by ideologies. And you can make the shift from the view of life as a survival of the fittest in a struggle for existence to

experiencing life as an opportunity to flourish by adapting to what you want to adapt, and by changing what you are willing to change, for the benefit of all beings.

- the power of narratives, which can be functional or dysfunctional to the present situation. And they often become dysfunctional, no matter what, if you identify yourself with your constructed narratives and societal conditioning. Because identifying prevents you from adapting to an ever-changing context.

- that, in most cases, it is not possible to tell for certain what will happen, even if you pay thousands of dollars to gurus and experts to reassure you that everything will go as you wish. You can see that certain events are likely to occur, but you cannot foretell the future with precise statements. And you can live with this.

- pointers to facilitate your flourishing and longevity, BioHarmonizing your life.

- opportunities that new technologies are bringing to you for flourishing and longevity, why they can make a difference in your ordinary lives, and why you do not need to wait for them in order to be joyful. Be joyful now, here, or be joyful nowhere.

- why the “why” which motivates you often counts more than the “how” alone.

- why most absolute statements (never, always, all, none) are bound to fail when confronted with reality.

- why there is no silver bullet for harmony, other than you letting answers and silence manifest themselves in a space of awareness.

- how strong is your power of influencing what matters in your life, and how weak is the craving for absolute control.

- why there is no duality: the so-called “spiritual world” is the space where the “conventional world” unfolds. The spiritual world contains, but is not limited to, the conventional world. You do not need to leave society and live on a desert island to be spiritual; that is laziness, and your ego making excuses for delaying awareness.

- tools you can use to harmonize your ever-changing life and facilitate your flourishing.

Why is it so hard to be happy?

We want to live our dream lives, and we can. We want to be happy, and we can. We want to experience oneness, and we can. We want to live at our full potential, and we can.

Many of us are not living the life we dream, because . . . well, we are asleep, and are not aware yet of our state! Many of us are not happy, because . . . we see happiness as a “win or lose” game, and do not yet cultivate happiness for the benefit of all beings! Many of us are not experiencing oneness, because we are separating ourselves from the whole, and do not understand yet that we are all in the same boat! Many of us are not living at our full potential, because

we identify ourselves with our egos, and do not act yet from a space of possibilities!

We can live our dream, by expanding our awareness! We can be happy, by cultivating happiness for the benefit of all beings! We can experience oneness, by understanding that we are all in the same boat! We can live at our full potential, by acting from a space of possibilities! Start to share the harmony of your life!

What motivates a harmonic person?

BioHarmonizing is not really about "what's in it for me". If you are focused on what you can gain or lose, you are going to be bound to Oscar Wilde's aphorism. *"There are only two tragedies in life: one is not getting what one wants, and the other is getting it."* When your intention is egocentric, each "achievement" gets you to run faster on the hedonistic treadmill. Once you experience one high of pleasure, you will have to aim to even higher peaks, just to have the same intensity of good feelings. Due to diminishing returns, the first scoop of ice-cream is much tastier than the fifth. To feel pleasure, after a few scoops you would have to add chocolate chips, various sweet sauces, etc., until you get diabetes type II!

How does BioHarmonizing help?

BioHarmonizing offers you the tools to cultivate harmony for the benefit of all. Harmonize your values, goals, actions, etc. BioHarmonizing helps you in

discovering what matters for you, on your own terms, and helps you to create your own harmonic life. Let that song you have in your heart reach the Universe! Do it now-here, or it will happen no-where!

What's the experience that matters the most?

My previous books have been downloaded over 120,000 times from Amazon eBookstore, and over 200,000 from various online sources. "A Course in Happiness" was an Amazon top-rated Kindle book (fiction and non-fiction) in March 2012, and it was for several months the top-rated book in the Mental Health category. The book you are reading now, in its Kindle version, was Amazon #1 Spiritual New Release and Best-seller in December 2012 and January 2013. However, the only experience that counts is yours. What arises spontaneously, when your ego settles, is what matters now here, while you harmonize your life.

How is this book structured?

Like an Opera. This book unfolds in three parts, two interludes, and eight chapters:

Part I

- Emptying the cup
- Being Aware and Accepting

Interlude I (Online)

- At The Feet Of The Master, by Alcyone
- Break a bowl, Frank Ra

Part II

- Being Meaningful and Motivated
- Being Active and Attentive
- Being Resilient and Respectful
- Eating properly and Exercising

Interlude II (Online)

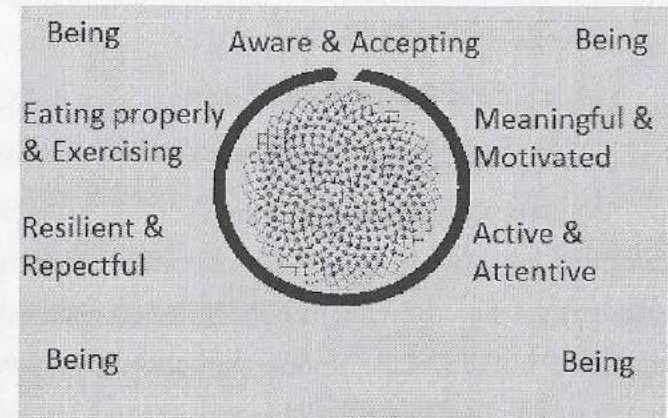
- How to Wait Less, by Leo Babauta
- The Masnavi Book IV, Story V, by Rumi

Part III

- Being, beyond narratives
- Conclusion, by Eckhart Tolle

The two interludes are available for free as downloads on www.bioharmonizing.org/bioharmonizing-interludes/

Before you print them, please consider the option of reading them online. If you do print them, please make sure to read and keep the two Interludes, as a form of respect towards the trees that became the paper you are using. Thanks!



Some chapters are longer, some shorter, and some very short. The length of each chapter is not related to the importance of the topics discussed there. One chapter can be very important for you, and be short. One chapter can be less relevant to you now, and be longer. I suggest you to read all the chapters, so you are aware of pointers and tools mentioned. When it comes to practical applications, BioHarmonizing works at its best when you dedicate more of you to the components that resonate the most for you in the context where you are.

Many of the examples offered in this book are basic. Why? Because your ego shows less resistance to simple examples, the ones you think are already understood before they were given, the ones you feel do not apply to you because you are much more advanced on the spiritual path. Once you see that the way you do anything is the way you do everything, you feel the connection between the simple and the "advanced" examples. You see that if you really

live according to the wisdom that you already are, your life would be different.

Some pointers are repeated, with a similar or different phrasing. Why? Because we are animals of habit. *Repetita iuvant*, the Latin said: you benefit from repeating. Some of the pointers may feel incomplete. If and when you will benefit from the whole picture, then the "missing" parts will arise in your consciousness. Or you may just learn to live with uncertainty, feeling after all that there are no "blanks" which must be filled.

Sometimes the same word is used to recall two different meanings. Sometimes different words are used to express the same meaning. Why? To remind all of us that they are just words. If we get stuck on the finding the "real" meaning of this or that sentence, thinking that great benefits will follow, we are probably wasting our lives. Embody in your daily life what matters for you instead of searching for it in someone else's, or even your, words.

In this book you find a few practical exercises and tools that can be very beneficial. However, BioHarmonizing is more about being than doing. What is skillful to do will arise if you are connected to your real nature, in vigilant awareness. That is why being present with what the book points to is more important than having a lot of background information and exercises. If you want to obtain more background information and exercises relating to

awareness, acceptance, meaning, motivation, action, etc. please refer to "A Course in Happiness" (ISBN: 1456374133. Kindle ASIN: B00563YNYK), a workbook I wrote in 2011 to support my one-on-one BioHarmonizing and group coaching.

From the second to the sixth chapters, you will become familiar with AmAre as an approach to BioHarmonizing. Most of the pointers are presented in a Q&A format. From time to time, the letter Aleph is displayed as a reminder of the importance of being with the reality to which the words in the book point. For a while, I contemplated the option of combining all of the pointers under one unifying narrative, or in chapter-long essays. However, this spontaneous approach is more true to the spirit of this book. I did not write this book from the first to the last page and then make changes here and there. This book started to sprout in different areas at different times, thanks to different experiences, from personal insights to questions that arose during group sharing. It does not mean that is the way all books have to be written, it just felt appropriate to let it be this way. What unifies the whole book is the awareness that everyone and everything is one.

If, while reading, you feel the need for more and more answers, because you already know what it is said and you want more and more, then ask yourself: who is asking? Who wants to know? For the benefit of whom? If you are

asking for your own benefit because you deserve to know, then the ego is running the show. Even if you were talking with a person, you would come back with more and more questions. It is like a matryoshka, the nested Russian dolls: once one doll opens, another one is inside. After one question is answered, the chatterbox in your mind is going to create another, better answer. If you are asking questions because all can benefit, including you and everyone and everything, then worry not: again, the answers will arise in you when you need them.

Can you read a book that has only one thin narrative: harmonizing your life, in a journey from perceived fragmentation through wholeness? If so, this book is for you. After finishing it, you will come back in weeks, months, or years to read it again with new eyes. If you cannot read such a book, then you will dismiss it and shelve it. And then you will come back in weeks, months or years to read it with new eyes.

Is this AmAre approach a sort of ten-steps program to harmonizing one's life? If so, it is missing many components!

AmAre is an acronym that summarizes ten pointers that facilitate harmony in life. It is not a ten-step program.

Some people say it is missing important components: relationships, career, etc. Well, that's true – if you see it with ordinary eyes. Many of us still act as if harmony

comes from the outside. "Once I have a happy relationship, a great career, solve any disagreements I had in the past, look sexy, etc. then I am happy. It is as simple as that!" Well, if you wait for relationships to make you happy, you are acting from a space of unhappiness. And guess what is the state of mind of the people you are going to attract? The same as yours: unhappy.

AmAre is not about what you get before you become happy. It is more about what you give and share with all, acting from a space of joy. You are already joyful; you cultivate your awareness etc. from a joyful motivation. Then, positive external factors will happen in your life as well. The definition of "positive" may be the same definition you have now, or it may change.

How did you get to experience what you write about here? What is in it for the reader?

We live in times of great opportunities, and also great challenges. An inspiring message can take a few seconds to travel from one side of the Earth to the other, among people who are connected to the Internet. At the same time, we see inequalities. We see threats to health. A substantial number of the World population lives below poverty line. And, ironically, especially in countries where food is abundant, we have a rising number of health issues, including obesity, diabetes type II, etc.

How can we make the best of opportunities, and address

challenges? By starting from what we can cultivate in our daily lives: joyful living for the benefit of all beings. With BioHarmonizing, we start a joyful sing-along with everyone and everything in this Universe.

Born in a pristine, small town in Italy near the Alps, I lived a peaceful life. I studied philosophy, wrote some essays and articles, and was surrounded by family, friends and acquaintances who more or less have been around since I was born. I traveled a few times, mainly because my essays won some prizes that included free travel.

Then, at the age of 19, I left my hometown to serve in the military. Afterwards, I joined an internet start-up in Italy and started to travel often to the USA. Then I moved to London, to the USA, back to London, to Estonia, to Malta, back to Estonia, ... eventually settling in Vancouver, Canada.

Instead of making this a long “story of me”, I just would like to summarize why I am now writing this book. I have lived in many places, meeting many different people. I chased my dreams, and achieved a good number of them. What I experienced is that real happiness is not what society tells us. I worked with many top executives; some of them are wonderful, caring people who are happy about their lives and they contribute to the well-being of the people who are around them. And some are miserable. I shared my path with many “regular Joes and Janes” like

me. Some of them are always glad to help and enjoy the blessings that manifest in their lives. Some are grumpy and complaining all the time.

There is no single external indicator of how happy a person is. Some happy people are wealthy. Some are not. Some have big families. Some are single. Some are very well educated. Some never really cared about formal knowledge. What these people have in common is a deep awareness, acceptance, meaning and motivation. In this book, I summarize what facilitates a joyful life as BioHarmonizing, and share some pointers and practical tools to harmonize your life.

Is happiness really an inside job?

Think in terms of degree of facilitation. Some events are like a weight, making it harder for us to fly; some are like a lift, facilitating our happiness. At the end of the day, considering that even the way we discern between weights and lifts is subjective. The same event can be assessed in various ways, and have different effects, according to the person experiencing it. We can say that personal development and happiness are a result of our attitudes. They cannot be reached through external factors.

Consider a “natural range”, or a “happiness baseline”. Regardless of the short-term changes in our happiness level, in the long term we tend to oscillate within our natural range. Our current natural range is influenced by

several components, including attitudes, genetics, family background, etc. Natural range does not mean unchangeable range, it just means the current usual range, which has been built over time. As said, short-term events usually do not change it; we can change it by changing our attitudes, or it can be moved up or down by external events only if they have an extremely strong magnitude. By understanding where we are, where we want to go, and how to get there and acting accordingly for a sustained amount of time, we reach a "nurtured range". An AmAre approach, based on what is shared by many people in terms of well-being, facilitates happiness.

What is BioHarmonizing?

BioHarmonizing is based on approaches to cultivate joyful living for the benefit of all beings, by harmonizing our lives and sharing harmony with all. It brings pointers, dynamically presented using AmAre, to a perennial wisdom underlying several spiritual traditions, respecting all of them and appreciating the strength that there is in diversity.

BioHarmonizing facilitates awareness, joy and flourishing. BioHarmonizing uses the working narrative of life as a journey through perceived fragmentation to the Oneness that already is. It makes it easier for people to understand their own narratives, values, and real priorities, building on strengths so as to be of service to all beings.

It sounds interesting. But what does it mean in practice?

BioHarmonizing can unfold in ways similar to one-on-one coaching, where the client is leading the relationship and the BioHarmonizing facilitator is there to make it easier for the client to express the wisdom she/he already is.

BioHarmonizing can be facilitated in group settings, where all participants are peers and there is no leader.

BioHarmonizing can make use of external tools (to harmonize brainwaves, maximize sustainable energy in one's body, etc.) In that case it is defined as Aided BioHarmonizing.

What does BioHarmonizing address?

BioHarmonizing can help people in numerous situations. These include:

- beings who would benefit from harmonizing more with their emotions: their narratives rely almost exclusively on their linear thinking, with a very limited access to their emotional side.

- beings who would benefit from harmonizing more with openness: their narratives are mainly based on sporadic events that their emotional side is over-amplifying, ignoring most of the richness and variety that we all have in our life experiences by filtering them out from their awareness.

- beings who would benefit from starting

BioHarmonizing: their narratives are deeply fragmented and conflicting, with minor external events provoking massive reactions.

Similar states of mind have been described by Dr. Daniel Siegel in his "Mindful Brain".

Do you promise me unlimited health, wealth and happiness?

No. If you want someone who promises you that, there are many people already doing that. If what they say works for you, awesome! But if you are here, chances are you went beyond promises appealing to your ego. Or maybe you tried them out and understood that they do not work.

What do I promise you? That BioHarmonizing helps you to harmonize your life with what is, change what you feel needs to be changed, and to develop the wisdom to know the difference on the ordinary level of reality. Because there is no difference on the ultimate level.

So, what's in it for me?

For your ego: nothing. For all, including you: everything.

1 EMPTYING THE CUP

•

"For centuries we have been spoon-fed by our teachers, by our authorities, by our books, our saints. We say, 'Tell me all about it - what lies beyond the hills and the mountains and the earth?' and we are satisfied with their descriptions, which means that we live on words and our life is shallow and empty. We are secondhand people. We have lived on what we have been told, either guided by our inclinations, our tendencies, or compelled to accept by circumstances and environment. We are the result of all kinds of influences and there is nothing new in us, nothing that we have discovered for ourselves; nothing."

Krishnamurti



How do I start?

By emptying the cup.

Every good publisher will tell you to start your book with a hook. Something which locks-in your readers. It can be showing how smart they are (ego boosting), how rich they will be (ego expansion), how wrong other people are compared to them (market segmentation and targeting). Or

it can be to release an emotional hook, a sad narrative (but with a happy ending; that's how Hollywood educated us), a story of redemption, etc.

None of this is to be found in these first paragraphs. We all have, in our lives and our work, something deep, inspiring, practical, interesting, etc. You'll find it in this book, later on. However, I start in the least advisable way: demolishing your false beliefs. Is it going to buy me your unconditional support for the rest of the book? Probably not. But that's what works. By letting go of what you already know, you make room for what is already here, but you are missing because you are too full of yourself.

Before proceeding, you are invited to empty your cup. Or your backpack. Or your big storage room. This is decluttering for your spirit.

Is BioHarmonizing going to enlighten me?

Once upon a time, in a village, there was a lady. She was considered wise and fair, so her fellow neighbors were consulting her for advice and to settle disagreements. Most of the people who spoke with her accepted her opinions. They knew that, even if they did not necessarily like the outcome of the "arbitration" (as we would call it nowadays), the process was fair.

One day, after an "arbitration", one guy was not satisfied with what other people considered a fair solution. So he challenged her. "People think you are wise, they think you

always have THE right answer. I believe you not! And I will prove it!"

He look around, slowly moved towards a dove, grabbed it, and held it tight. Then he asked: "Is this dove dead, or alive?" Some people in the village looked puzzled; he just caught the dove, and of course it was alive! Some people saw through the trick. If the wise woman would have said the dove was alive, he would have killed the dove in one move, and then let it fall on the floor. If the answer was that it was dead, he would have let the dove fly again, free.

What would you have said?

Would have you refused to answer? Would have you said "dead", so at least the dove would have survived?



"Her life is in your hands", the wise lady answered.

And so is your life! You can stop asking if this system or that system will work for you or not. So then your ego can play with it for a while, like with a new toy. You are so smart; you found it and used it! You would almost deserve a prize. You never had such a nice toy before! Yes, indeed! Until you get tired of it. Then you'll project any kind of fault on it. And search for another toy.

Your life is in your hands. Not in the hands of BioHarmonizing, or any book or technique. These are just

tools. You are the co-creating principle. I am not saying that if you "don't get this book" then it is your fault. I am just saying: if you make it work for all, that is great! If you don't, it's a missed opportunity, but fear not, you'll have others. The outcome, if any, has to do more with how you are co-creating our universe.

If you want to express gratitude for the time and energies I channeled through towards this work, I thank you in advance! Yes, I devoted a considerable amount of my recent life to the experiencing and writing of what you read here. If you have written a book yourself, you are aware of the mix of natural unfolding and flourishing of the main content, and the days required to polish it, even when one chooses to let it be more of a raw diamond than a wearable one. However, on an ordinary level, the positive results are all yours to share with the world. No credit is taken.

If you want to express lack of satisfaction with it, just ask yourself: where is that opinion coming from? From a genuine, different world-view? In that case, it is a pearl to share; it can be useful for others. Or from your ego, which had different expectations (and maybe didn't bother to read the book description :-), and wants to show how smarter you are than the rest of the world?

But I am a seeker! What do you have to say about that?

The ultimate treat for the ego: the deluxe spiritual

enlightenment for the chosen few. If you are a seeker, what have you been seeking? For how long? You read many spiritual books and learned techniques. Still, you did not find what you are searching for.

Why? Because.

There is nothing to find. You are like a thirsty person in front of the sea of knowledge.

You drink and drink that salty water! Which makes you thirstier for more.

You are not a seeker. Maybe you were seeking. Maybe you like to say you were seeking. But you are not a seeker. You are the field where the seeking unfolds.

But I need my ego, don't I?

As much as you need poison? To suffer, so you can let go of it?

What you benefit from are your biological processes, and sometimes your thinking, emotions, actions, etc. You can still wake up in the morning, prepare yourself a breakfast, analyze data at work, speak with your friends, make a joke. But you do not need to identify yourself with being a breakfast maker; you have toasters for that. Nor with being an analyzer; you have computers for that, etc.

You have biological processes, facts, etc. arising in your lives. That is normal; that is part of being alive. The ego arises when you identify yourselves with such processes. You take something that lasts a second, a minute, an hour.

You label it and make it who you are. No, you are not your life story you tell. No, you are not the drama you want to share with others. No, you are not your job or your role.

When your awareness of awareness starts to fall asleep, you start to dream what you call ego. Its consistency is as real and as illusory as a dream . . . that often turns into a nightmare.

So no, you do not need an ego to deal with daily tasks. Or big ones. Plenty of animals, living in fair, complex societies, live in harmony without an ego. The ego likes to make you think you need it, because otherwise you are empty. In reality, by identifying yourself with something that is temporary, you just limit yourself.

Yes, you can be parenting, cooking, working, writing, etc. However, when parent, cook, worker, writer, etc. become who you are, and you suffer when people question your merits in that role, then the illusion of ego is there.

The concept of ego is not even necessary to psychology. What we want to describe as "identity" is just made of aggregates: form, sensation, perception, impulses and discernment. None of them are permanent. Psychology can exist without creating false objects to study. Indeed, there are approaches to psychology that are structured and applicable in daily life; they work with no need to take for granted the existence — or the false importance! — of an ego. Abhidharma is one of them.

The lenses used to look at the ego are often of the Freudian kind. The reason why the work of Freud, and derivatives, is so popular is not only because it has its own merits in the development of psychology. One key reason is that Freudian tools are used, every second, to feed with a silver spoon what we call ego. Marketing is largely based on Freudian approaches. That's what makes you buy things you do not need, to impress people you do not know, using money you do not have. Yes, it works to put on steroids the colossal Ponzi scheme that we adopted as economic model. But it is going to burn itself out.

The fact that many believe an ego is necessary, especially "theirs", tells more about the state of our societies than it does about the psychological value of an ego.

Ok, got it! I'll keep the ego only when it is healthy

Again: is there such a thing as a healthy poison? If so, I have not found one yet. There is no benefit in letting our egos drive our lives. When you are aware and accepting, you make the space for whatever is skillful to arise. You do not need the ego to make a drama out of it.

When I become enlightened, will I be rich and honored?

Or the top favorite: once I am rich, I'll have time for my spiritual life. Both of these imply that there is a difference between a spiritual and a practical life, or that one can

benefit the other.

We are spiritual beings; if we weren't, we would not be at all. We may have minimized the attention we give to spirituality, but being spiritual is who we are. If we had completely cut it, we would no longer be, as a tree cannot be without roots.

If we are one, am I the center of the universe?

Your ego is not the center of the universe for sure. If anything, it is its black hole. Unfortunately, this "being the whole" etc. is often interpreted on the egoic level. One more justification for being egoistic.

We are that we are. Any other definition is just limiting our potential, or at least narrowing it down to how it expresses itself in a given context. That's an all-inclusive, non-dual "we".

Am I in control? Or am I powerless?

Who is asking? You are in control of nothing, and still you can influence everything. When you are in your usual state of consciousness, which we can call unconsciousness, you can influence everything, but not at the same time. When you are in your natural state of consciousness, awareness of awareness, you can influence everything at the same time. Control is about the ego, the need to be in charge fueled by the fear of not knowing.

Is longevity really that good?

Longevity is what you make of it. People may see some

issues with longevity being at arm's reach for other beings, but they would usually be happy to achieve it themselves. When you take care of your health, what are you doing? Most likely you are cultivating your longevity.

If we lived a long time, let's say 500 years, it could be easier to let it go of identification with form. Unless we want to think that the Frank at the age of 400 is the same Frank who was born four centuries before. As usual, you do not think that wait for an external circumstance to change before you make the shift. Answer now: do you really believe that the "you" who was born XX years ago is the same "you" who is reading this book now? And do you really believe the present you is going to be the same in two hours or so? Inquire into your believes.

Longevity is beneficial if it extends the amount of time you can devote to cultivating harmony for the benefit of all beings. Longevity is of no use if you pursue it egoistically as an extension of your lifespan, ignoring all other beings.

Is it better to receive or to give?

Neither of them. We often prefer to receive than to give. Some people like to get, take, and even force others into giving and just plain stealing. This is when we see ourselves as disconnected from the whole. We get and get and get, and do not give.

However, when we single ourselves out, we already condemn ourselves to unhappiness: the story of me vs. the

world that is out to get me. So I get as much as I can. One against billions.

We can lift this condemnation from ourselves by expanding our awareness. We are interconnected, so the more I give, the more I get. I start to give, because there is a reward waiting for me.

Then we expand our awareness even more: we all carry the same seed of humanity and greatness inside us, a shining diamond that is sometimes cluttered by the dirt of ignorance. So we start to give, because we take pleasure in it, because it is a human being giving to a human being.

Then, with expanded awareness, we stop seeing receiving and giving as separate acts. We just share. We are not identified with who we are now, and for sure not with what we have now. We share our time, energies, love — and so do people who are inspired by meeting a human being who is beyond his or her appearance, who is the space and not the content.

No matter what your values, skills and goals are, you can share with people. Words are limited in expressing the journey to harmonize your lives, from a “me” to an “us” to an “all” -centered world, to a centerless world. This is as far as words can go.

Does evolution equal improvement?

Evolution means change. Some people interpret this as an improvement. In reality, evolution is just a change that is

relative to a given context. Beings change over time; you can see that, even observing your own life. A change that results in flourishing is an improvement, and unfolds in a given context. A change that results in problems is what we call taking a wrong turn, a not-so-beneficial change.

Change can happen on many levels: (epi)genetic, personal, social, etc.

In some situations, (epi)genetic factors may be the main reason for change. If your parents had black hair, and your hair is brown, the information for brown hair was already in your parents' DNA, so there is nothing new there. But there is a change in the way the combination of their DNA is expressed.

In other situations, voluntary change makes a difference. For example: the climate is getting warmer or colder, so we just change the way we dress; no change in body-hair genetic expression is necessary.

There is another level of evolution, and that is conscious evolution. In this case, we are not at the mercy of the external environment, and we are not taking short-term actions just to adapt to the external environment. With conscious evolution, we become co-creators of our world. There is a harmonic loop among all, including us. We are aware and attentive to how our environment changes, and we harmonize ourselves and the environment we are part of. We are sharing our gift of awareness, singing along with

the melody of the world and also skillfully co-creating the tunes.

Is evolution really about the survival of the fittest?

Charles Darwin helped science to progress, thanks to his travels and research as to why so many different species came to be in this world. His contribution to humankind is substantial. However, we need to view his theory in light of the times in which it arose. This does not change the value of his work; it just puts it in perspective, allowing the theory to evolve in light of what we know now, instead of what was known then, in the 19th century.

Darwin saw an existential struggle, where the fittest individuals survive, passing their characteristics to following generations.

Let's start with the time in which he was writing: Times of rising capitalism and British colonialism, times of struggle for power where the winners wanted to be endorsed by the rising authority, science. In the past, winners said they were chosen by God or crowned by His representatives on Earth, etc. Now, the winning countries colonizing the world and the people running the economy are successful because, well, they are the fittest for their roles.

Darwin's work is just one of many theories which proved to be useful to the times and places where they were acclaimed. Think about the theory of the Aryan people,

common ancestors both to Europeans and the ruling class in India. How convenient to find common links between British aristocrats and the Indian Rajas who were helping them in ruling the Indian peninsula.

Some more examples: In "The Descent of Man", Darwin made what we would call nowadays, clearly racist remarks, and clearly sexist remarks. For example, "the female still remains more like the young of her species [...] the cause of this seems to lie in the males of almost all animals having stronger passions than the females" and "the chief distinction in the intellectual powers of the two sexes is shown by man's attaining to a higher eminence, in whatever he takes up, than woman can attain". What he forgot to mention, or probably to notice, is that the number of male winners may be greatly explained by the fact that, for many centuries, the rules of many "prestigious" activities (warfare, business, etc.) have been dictated by men.

It would be cynical, and probably false, to say that the wording used to express a theory becomes popular only because it is in the best interest of the ruling classes of its time. It would be naive, and it helps power centers to take you for a ride, to say that such interests do not make a difference in which theories go mainstream and which ones are laughed at. What does this have to do with Bio-Harmonizing? By melting your deeper believes, including

social conditioning dating back generations, you expand your awareness.

Let's talk about the struggle for survival. Yes, if there is only one meal for ten beings, the one who gets it has a better chance to survive. Being energized by the food, the day after it may be stronger and faster than the other nine "competitors". Day after day, the gap between the surviving creature and the other nine grows, until the strongest one is left to mate and procreate, passing some of its characteristics to future generations. The lens that Darwin used to frame his theory was conditioned by the work of Malthus, a professor of political economics at an East India Company's college in England. The East India Company was granted exclusive rights to do business in the Indian subcontinent colonized by British forces.

It is important to note that Darwin did not know about DNA, and that there were alternative evolutionary theories. To name one: Lamarck, to whom, in Francophone countries, is often credited the title of the first to understand evolution. Talk about the importance of times and places for a success of a given theory over another . . .

What can be seen differently about the struggle for survival? Yes, the strongest lion probably got prime prey and a chance to mate many times. And the fastest gazelle was probably gone as soon as the lion showed up. Well, in many places, there was little struggle. And how far can we

apply this to human beings? Human beings were migrating. There are areas, like the Western coast of Canada, that have been blessed with plentiful food from the land and the sea. The idea of struggle implies scarcity. Yes, human civilizations had to endure famine, etc., sometimes, due to natural causes outside their control, and often due to the consequences of their impact on the surrounding environment. However, when the number of human beings was limited, the Earth was providing food to many, if not all, of them.

What can we see differently about an evolution that is based mainly on individuals? Yes, children inherit characteristics from their parents. Strong parents are more likely to have strong children and to be able to provide them with the food they need to grow. However, what about all the children who, genetically, did not belong to both parents, parents who raised them (knowingly or unknowingly) until they were able to find food for themselves? What about the importance of co-operation, in order to ease challenges and also to feel better? A feeling of belonging decreases stress, which is a strong factor for our health. So where do we live longer, in a world where every person looks after her/himself? Or in a world where people co-operate? Game theory, a branch of mathematics that calculates the overall payout of different possible choices, proves that in many cases co-operation creates the greatest

value. And Darwin himself mentioned ("The Origin of the Species") that, for example in the case of the sting of the bees, something useful for the community can survive even if it may be detrimental to a few of its members.

Darwin brought the origin of the species from superstition ("that's the way it is because it is written in this or that book") to the realm of educated analysis. It is time to evolve his theory and complementary theories that other people formulated. Beings are always evolving. Initially, fitting in to a given environment was key to living and reproducing. Over time, the ability to move and adapt to a suitable environment started to become important. Now, we have the power to adapt the environment to our needs and wants. However, surely in the long term and many times in the short-term as well, our ecosystem is stronger than any of its components. Many see Earth as Nature plus Humankind. Well, Earth is the natural space to which we belong. We are not separated from it. Again, there is no struggle to win above nature, or to bend nature to our will. It is about harmonizing our interaction with the ecosystem to which we belong.

There are new studies showing that life may have been possible by cooperation. RNA was the principal medium to transmit genetic information. Research showed that networks of cooperating RNA molecules have a competitive edge over self-replicating RNA. The wider the

cooperative networks, the more advantages of cooperative behavior even at the molecular stages of nascent life. Even on a molecular level, there was a joining of forces to do what none could have done alone.

Some may say these changes occurred by pure chance. Some may say there is a guiding force bringing us back from apparent fragmentation to Oneness, through interconnectivity. Some may say that such a force is aware, and some say it's blind. What it matters is that it happened, otherwise life would not be. And that tells a lot about cooperation being the normal playing field for life, and competition being the exception. If, by acting egoistically, we create an environment where only the ruthless can survive, then we act on the context, and the misleading "survival of the fittest" becomes a self-fulfilling prophecy in the short term. However, in the medium term, we feel the side effects of an unsustainable society, as we are doing now. And in the long term, an unsustainable society has to change or perish.

Bottom line: evolution is a fact. Evolution is not about getting better; it is about a sustainable relationship between a being and the environment to which it belongs. Charles Darwin, thanks to his work and the work of many other scientists who preceded him, including members of his own family, contributed a very important theory of how evolution unfolds. Like every other insight, his theory was

expressed and interpreted through the lens of his time. While we can learn and benefit from his work, now it is time to rephrase his theory: moving away from an individualistic survival of the fittest in a continuous struggle for existence caused by a harsh nature, and moving towards an ongoing process of evolution based on the harmonization of beings with their environment. And some beings have the ability to influence their environment to a larger degree. With an environment which includes, explicitly and not only implicitly, the beings themselves, plus all their interactions with each other as individuals, groups and as a whole. This harmonization is more likely to unfold if a being is easily adaptable.

From this perspective, you can see that the ego is not beneficial, even in terms of evolution. If you are stuck with your beliefs, your image of yourself, etc., you are going to be at the mercy of external factors. The majority of people still live like this. Once the external environment changes, and you can be sure it does, then people get stressed, etc. The more space you make, the more likely it is that what is beneficial for you now will arise. The more full of yourself you are, the more likely you are to perish when the situation changes. The survival of the most adaptable in an evolutionary process which is not about becoming better, but just being suitable for the environment where we live, and influence it positively. It is one more pointer to the

importance of diversity. Diversity is strength. Even if we do not necessarily want to be(have) like other people, they do carry the possibility of different ways to express our ultimate nature. And the ways they express it can be what makes us flourish when the context changes.

We can take the truth expressed by evolution: the context in which people live changes, the most adaptable people flourish more, the people who are totally out of harmony with the context may perish. Beings are usually harmonized by choice. There is no blame for being disharmonized, unless it is a conscious choice. However, even without blame, there are consequences.

And we can consider the narratives, some constructed unconsciously and some built intentionally to push beings to compete, as such — narratives that reflect the times in which they were articulated, and that will keep influencing our times unless we let it go of them.

In one sentence: from the survival of the fittest and the struggle inherent with that, to the flourishing of the most adaptable in an ever-changing Universe, which unfolds in a perennial stillness we may call consciousness. Evolution is science. Struggle, the fittest, etc. are narratives. Transmission from one generation to the next through epigenetics, genetics, culture, etc. is a fact. The importance of genetic factors is reality. Determinism is an ideology, often used to market certain ideas and products.

The reason why I devoted so many words to evolution is that, within the unskillful narratives we build around evolution, there is little room to harmonize our lives. Let go of obsolete narratives!

Um, am I ready to continue?

If you made it up to this point, you are able to continue with BioHarmonizing, living a center-less life. There is no tiny homunculus in your head, controlling your will etc. Your functions are made possible by many parts being in harmony with all. It is not about a center controlling the rest of your body. It is about the different parts being well together.

For example, certain brain functions are more likely to occur when your brain works on given frequencies. The brain, and the mind that expresses itself through the brain, the heart, etc. are, again, not centers, but parts of the whole. BioHarmonizing facilitates states of . . . harmony among all the living parts. You can use it to transform a narrative that is dysfunctional in the present situation into a functional one - to maximize a functional narrative, and to keep emptying the cup, until you are totally aware of being where you have always been, in the present moment, sometimes with narratives (with which you do not identify yourself) and sometimes not.

2 BEING AWARE AND ACCEPTING



"Nothing that is worth knowing can be taught."

Oscar Wilde



Aware and Accepting

Meaningful and Motivated

Active and Attentive

Resilient and Respectful

Eating properly and Exercising

This chapter seems pretty long. Why?

I decided to open with a bang. This chapter is, by far, the longest you will find in this book. Why? Because the vast majority of people, after developing skillful awareness, already know what to do. Once you are Aware and Accepting, you do not need to study every single combination of events, every possible outcome, etc. You are Aware and Accepting, meaning you are present, and meaning that the answers, if any, and the courses of action, if any, will arise spontaneously in you.

Even if we may feel some people are mean or even evil, in reality they are acting based on the view of the world

they have through their lenses. And we are assessing their behavior based on our own lenses. Lenses build over time, in an interesting mix between behaviors, physiology, conditioning, etc.



What's the power of narratives? Why should we go beyond them?

Narratives may be functional in our lives, as long as we are aware they are just that: narratives, and not facts written in stone. For a moment, see life as a journey: from not-so-discerning harmony (for example, when we are toddlers), through perceived fragmentation (probably, where most of us still are), to non-dual harmony (where we have always been, and always will be; but somehow forget to be when we identify with form).

Initially, the greater the ability to differentiate between ourselves and the "outside" world, the more successful we are in dealing with daily tasks. We understand people have their own feelings, that they cannot read our minds (but surely can read our body language) etc. Then, this understanding of the conventional world can get in the way of our harmony and development as human beings, if we take it too far and lose the awareness that we are all connected.

Our initial undiscerning harmony, while blissful, would make us dependent on our parents and other caregivers. By moving from that state, we become relatively autonomous with our ordinary tasks. Our ability to differentiate between ourselves and the "outside" world, while functional for many short-term tasks, would make us disconnected from the world. We are social, even if what we mean by social (from "family, friends and community" to being a "party animal") changes from person to person. Once we realize that this fragmentation is only apparent, and that we have always been, and always be, the same whole, then we are aware of how things really are.

What is consistent through all these stages is that there are choices we make, and external elements, which can facilitate, or make harder, the cultivation of harmony and joyful living. When our minds and bodies, values, goals, strategies, and actions are aligned, then we blossom in a sustainable way. When our minds and bodies, values, goals, strategies, and actions are not aligned, then we are wasting energy, and often get in our own way.

Imagine a boat where the leader (with mindful values and motivation) is giving directions, and everyone is following such inspiration and pooling energies together, towards the same direction. Now, imagine a boat where the tired leader (with confused values and low motivation) is giving mixed messages and a direction that is different

from the current goal/destination of most of the crew — with the stronger members focused on going towards a third direction, while the rest of the crew just taking a nap or doing something else. Do you see the difference between the harmony of the first team and the disharmony of the second?

And what is that direction? Recognition, success, fame, results, etc. and all the other accomplishments which can be gained in the world of form? Or is the direction to be consciously now here? Where we have always been, and always will be.

Why are narratives so powerful? How do we construct narratives?

We live for nine months or so in the womb of our mother. Some of us are nourished during those peaceful times, living in harmony with the woman who is feeding us, both emotionally and physically. Some of us receive not-so-second-hand smoke, other intoxicants and junk food. When the time to see the light has come, some are born in water, and some are slapped to ensure proper breathing.

Month by month, we explore the world. We look, touch, hear, taste, smell. We watch, reach, experiment, etc. We ask questions, we fall and stand up again. We often live in the moment; everything is new or at least interesting, for a few minutes, at least.

When we transition into our teenage years, we are

expected to comply with the unwritten and written rules of a world we did not create. We can choose to rebel/ignore, comply, and everything in between. The more years under our belt, the more choices we have.

When we are adults, we sometimes see the world through the eyes of a child. We sometimes behave like teenagers. And sometimes we behave as we are expected to, in an adult manner. Some of us struggle with old narratives, and suffer. Some cannot identify new narratives, and suffer. Some suffer to protect their narratives. And some are aware that narratives are servants and not masters. Whatever story we tell ourselves, whatever forms we express ourselves through, we are not that narrative, and we are not these forms.

When we are seniors, we can enjoy a more laid-back life. Or we can become harsh, or anything in between, or much more. We can dream about the good old days, or appreciate what our lives are.

Some narratives are functional to our ordinary lives as they are now. But considering that our ordinary lives are ever-changing, if we get stuck with one narrative, it may soon turn dysfunctional, because it is no longer suitable to the present situation. Some narratives are mainly dysfunctional, like the story of “poor me”.

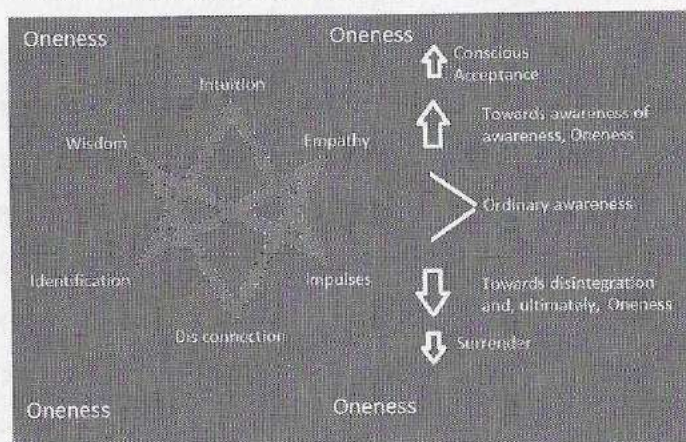
What is common to all these stages of our lives? The option to choose to be present, the importance of the

environment around us, and the interaction among all the levels and contexts where we are.

In this journey through perceived fragmentation to the wholeness in the present, we can become more and more skillful in crafting narratives that are functional to the welfare of all beings. And then let go of these narratives. When you want to cross a wide river, you may decide to build a small boat to go from one side to the other. Once you get there, unless there are many more rivers to cross at a short distance, you are better off leaving the small boat behind. It would just slow you down when walking. The same applies to narratives. They can be functional at certain stages; you may like them and enjoy them. You may be entertained by their content. And you are able to let them go and make space for what is skillful at that moment.

What about this journey from perceived fragmentation through wholeness?

Let me show you using a drawing:



Can you explain it in more detail?

Sure, as much as words can express life . . . but we can do our best.

Beyond: you are. You share. And you are free from identification with whatever arises: actions, time, having, stuff, etc. What is, unfolds naturally.

Top of the star: realm of spaciousness. You give. You start to be spiritually aware. You are co-creating an open, integral universe. But what did you really let go of, if your ego is still a driving force?

Middle: realm of doing. You get. You are socially aware, and you do what society rewards you for. This awareness can support other forms of awareness, if society rewards spiritual awareness. But are you ever going to do enough?

Lower: realm of having. You take. You lack any awareness, other than basic survival awareness. You are living in an egoic world, bowing to the powerful and oppressing the others, living in a reality entirely determined by outside forces. You take credit for any success, but never take responsibility for what did not work well. But are you ever going to have enough stuff?

There are three main forces that animate people at each "stage": Will to Resiliency, Will to Meaning, Will to Awareness. These forces may turn dysfunctional, becoming egoistic survival, nihilistic destructiveness, hunger for power.

Even those who are at what seems to be the bottom of the star can be aware of awareness. They usually wake up when surrendering. They can ascent through the star, at any time.

Those who are at what appears to be the top of the star often become awakened when giving up their seeking for higher truths. They can fall through the star, at any time. Awakening unfolds in the now. The only way people can be awakened forever is to be awakened now, here, and now, here, and now, here, etc.

No matter where people "are" on the star, they are always One. And they can be aware of it, at any given time.

This is meant to be a representation, a pointer. In reality, there is no star on which we can be mapped. The hexagram comes with its symbolism of continuity: it can be drawn without lifting the pencil. Continuity, even if now, here, is all that there is.

What I shared in the form of a star is present, under different forms, in many spiritual traditions. For example, the Koran identifies three types of "self": downward, inclined towards unskillful actions; middle, struggling with lower states wanting to ascend; and being at peace. It also speaks of seven gates that protect the pure and peaceful essence of the heart.

There are many ways to ascend through the star. Sufism facilitates being aware of Oneness by repetitive movements

of the body, and by singing, Kabbalah by study and rejoicing in the ecstasy of the One. Some Indian movements are animated by Karma Yoga, and kind acts that benefit all beings. No way is superior to another; they are just different, and still similar, as we are as beings, arising in Oneness and rich in diversity.

What are the different narratives, and interventions, for each area of the Star?

There are interventions that are beneficial. Again, they are not required, but they can facilitate BioHarmonizing.

Counseling is often done in the lower part of the star. Narrative is non-beneficial (detrimental) to the person who is formulating it, and likely to other beings. The person is struggling with perceived weakness and external factors, feeling helpless. Often with the help of group counseling, people become aware again of what matter to them, and start to rise through the star.

Personal development coaching is done in the middle stage. The narrative is beneficial to the person who is formulating it, and increasingly to other beings. Coaching is focused on leveraging strengths, nurturing latent strengths and maximizing positive external factors. The person is empowered and increasingly empowering.

Spiritual sharing unfolds at the top of the star. People stop identifying with their conditioning, often by inquiring into assumptions. Inquiry keeps them fresh; at the same

time the need for questioning the outside calms. Narratives arise, stay, and leave.

When they all let it go of their cravings, to take/have/get/do/be/know, they just rest in Wholeness. They are not at the bottom, at the middle, at the top, or outside the star. They are. Narrative is narrative, and it is often used less and less.

It is important to note that no matter how much counseling, personal development or spiritual sharing you add to your experience, that does not make you advance anywhere, anytime. Awareness of awareness arises with a shift, not an incremental series of steps. There is nothing you have to add to the counseling or personal development stages in order to be aware of wholeness. However, there are approaches that facilitate Wholeness. Some of these approaches have been presented so far, and some will follow.

What happens when I am "tempted" to do something wrong? Who is responsible?

You are responsible. It is not about external redemption or temptation. That is the greatest disadvantage of ignorance: to make you think and feel helpless, at the mercy of external holy and evil forces, so you can evade your commitments. You are responsible for what you do and do not do.

What's the value of simplicity? I find our world very interesting, and not simple at all!

Many people search for answers in complexity. We don't want to accept that it is really that simple, that by being present we facilitate joyful living for all. Many told me they already know this and that, because they are smart people, they want to know more. If I cannot offer more, then they feel they are not learning.

That approach may work in the realm of form. If you want to learn more about biology, you continuously challenge your knowledge, experiment, and ask questions of people who are supposed to know more than you. If you just sit here, thinking that you know everything you need about biology, you stop learning. You stop growing.

However, when it comes to ultimate awareness, there is nothing that needs to be added. Everything is already here, now. If anything, you may make it easier for you to experience Oneness by reducing a bit the forms which appear in front of your senses, so you are less dragged in the flow of events, and you stop identifying with them.

What you benefit from is from giving up the craving for some ultimate reality. Because what it is, already is. It is not going to be enriched or impoverished by anything you can do.

And, for once, even linear thinking can prove the value of simplicity. If you accept that simplicity is a strength, you

let life unfold. There is not much to do, meaning there are not many chances to get it wrong. If you fool yourself into believing that a series of complicated rituals, spiritual systems, etc. are going to make your life better, then tell me: how many chances do you have to get it right? Only one chance, out of all of these possibilities? People who like complexity tend to believe there is only one right way to do things, and that if one of these approaches results in failure, their lives are doomed to sorrow.

So, why do intelligent people fall in this trap? Why do they fool themselves in thinking that a bigger car, which may require a bigger garage, which may require an additional mortgage, which may require more work, which may result in using the car more until it becomes useless and the vicious cycle starts again - why do they think that this will ultimately benefit them? Why do spiritual people waste time thinking that by uncovering some ancient secret for XYZ, or connecting with some civilization far in space to learn XYZ, is going to benefit the Universe? There are many reasons. The chief reason is: with complexity, they keep themselves busy for life. With simplicity, they just need to be, which sometimes means to be with themselves. Despite all the empty buzz about the importance of self-confidence etc. people are afraid to be by themselves, because they fool themselves into thinking that self is not ready yet.

Yes, it is that easy: simplicity is more powerful than complexity, and much more likely to occur. It's that easy, if you give up trying to gain something for yourself out of spiritual living. It is impossible, if your focus is on creating a "better self".

What is impermanence? Does it mean nothing really exists?

Your body is real. The medium you are using to read these words is real. However, it is impermanent and based on aggregates. Your body is not static; it is always changing. Books become old and their pages fade into shades of yellow. Digital devices turn their screens and pixels on and off, constantly.

We can honor our bodies. We can like what we do. However, if we get attached to the image of our bodies at a given age, or to the way we think we saw them, a problem arises. Yes, you are impermanent and ever changing. That is the way it is. You can then judge it negatively, seeing impermanence as something scary, or you can feel that impermanence is the spice of life. How you see change matters, because that influences how you assess changes in your life. At the same time, change happens anyway, no matter what you believe or how good or bad you consider impermanence to be.

What do you mean when you talk about “degrees” of likelihood, etc?

Sometimes we judge situations and actions as right or wrong. And there may be some of these extremes, but they are not as common as we like to believe.

We like to think something is certain or impossible; that makes us feel powerful in our predictive skills. However, in most cases we just have degrees of likelihood. When you toss a coin, you think it is easy to quantify: a 50% chance to get heads, a 50% chance to get tails. Right? When you roll the dice, it is 1 chance in 6 to get a given number. Unless the dice are loaded . . .

In life, it may be harder to assign a number to the likelihood that something will happen. And often it is not necessary. What you benefit from is the feeling that there is a range of opportunities, for example, from an awesome life to a miserable one. Most of us are somewhere in between. If you look at the world in black and white, you feel you know everything, but you also turn it into a boring scenario. Accept that you know much less than you think, and probably all that you need to be in harmony with your life. Feel comfortable with it, and see how many colors there are in the world.

Do we live in an ideal world? Can it be described in numbers?

Some philosophers think that what we see on Earth is

just a pale projection of some ideal concept. For example, they think there is a perfect idea of “horse”, which manifests itself as a horse we can see. While everything unfolds in our ultimate nature, consciousness, there are no original types. Everything is changing. The way the world is now is the sum of all the awareness, motivations, actions, etc. of humanity. If we want to change the world, we change our awareness, motivations, actions, etc. The world does not have an ideal model, sitting somewhere in a spiritual universe. The “spiritual universe” is where everything unfolds. Its nature is; everything else changes.

Nature just is. And we can experience it, as it is, from our real nature. On a conventional level, we can analyze and investigate nature. That gives us a lot of information, and sometimes it gives us useful advancements in scientific knowledge and practical tools for daily life. However, math, philosophy, etc. are just ways we describe nature. Let's remember that the map is not the space. Maps are pointers: very useful as working pointers. But you do not want to use a map that is thousands of years old to orientate yourself in a modern city, because in the meantime a lot has changed.

Should I say that my life is happy, even if I do not feel so

If your car is broken, you acknowledge it. And then you fix it. You can drive it in a way that minimizes undue risk and damage, within reason.

If you never acknowledge your car is broken, you are driving away with a troublesome car. If all you do is to acknowledge that your car is broken, and sit there, and cry about it, then you are stuck. If you start adding your story ("cars always break when I need them the most!" etc.) you are just creating noise, which takes away energy from your actions.

If you feel your life is not happy, you can acknowledge it. "I feel I could see my life as a happier one". There is nothing to fix in your life, because you are not a car. You are a being. So, what do you do next? Initially, nothing external; inquire into your views. Does it really matter that your life can be happier? When you are comparing what you feel it is with what you feel it could be, are you missing all the joy that is here now?

If you feel you have real reasons to cultivate a happier life, go for it. If your motivation for it is that "I am worth it, so I should get this and that", fame, wealth, etc. — you name it — that's probably your ego depriving you of the joy you can have now, here, for some kind of twisted dream about the joy which may arise one day. What motivates is at least as important as the means you use to implement it. If "me" is in the driver's seat, then good-bye and good luck. If you wake up, and understand that every being is as worthy as you of a joyful life, then things start to change. They can work in your favor, too, but that's not your focus.

I am not advocating some kind of martyrdom to "save" the world. It is normal that the positive effects of your intentions are going to be felt stronger, the closer you are to the dynamic system of aggregates (you) who let them go through her/himself. However, if what moves you is your craving for something, then you are just running on a treadmill; you'll never really get anywhere, not even to the only place where you have always been: now here.

Does modern medicine heal people?

Modern medicine is a very important tool to facilitate joyful living, especially on a diagnostic level. That increases the awareness about how your health is now. However, healing happens only from within. There can be surgery, you can take medication, you can have a transplant, etc. These may be beneficial to your well-being; however, then it is still up to your body to heal itself. Now it is becoming more widespread to have hybrids: external structures which are populated by a person's cells, often grown outside one's body and starting from some original cells. The technologies behind this are astonishing; however, at the end it is still up to the body to stay healthy. Even with a transplant, unless lifestyle, etc. changes are made, one can go back to square one if a health issue arises again.

Let's see a more common situation. We have pain in the neck. What can we do? We assess our posture etc. We

check the muscles etc. And we give time for the neck to heal, so then the pain will go away.

Or we can do what is stated above and also take a painkiller, to silence the pain during the transition.

Or we just pop a painkiller every time we have pain, and forget that the pain is just a sign something requires our attention. The pain itself is useful, for it brings our attention to more serious aspects for us to consider. Instead of acting upon the signals our bodies are giving us, we want to silence them and ignore the underlying causes.

Imagine your car gas indicator light is blinking, telling you it is time to refill. Initially, you ignore the blinking. Then, it gets annoying. What do you do? Refill the tank!

However, if we would use an approach similar to the one used with contemporary medicine, many would do this: take the car to the car shop, pay a hefty price, and see the gas indicator move to 100%. And then forget about it, until the car is out of gas and you need to call an emergency truck or get to the closest gas station and come back to refill the tank.

Our bodies are not cars. However, many seem to care more about these means of transportation than their own bodies. Such behaviors and attitudes are blindly accepted because . . . someone else was already doing that before you were born. However, instead of blaming what was, take responsibility for your health. If you do, then everyone who

can help you will be easier to find. If you don't, no one will.

Are we like waves in the ocean of life?

Yes we are. Even if often our attention goes to the most apparent forms, what goes from one of the forms we have in life to the next is like a wave. When we look at the sea, we often focus on the mass of water that we see moving, while in reality the waves going through the water are the real source of movement and also what is moved from one part of the sea to the next.

Some people call these waves Karma. Some call them the results of your thoughts and actions. Because there is an interaction, like in most other life circumstances, between waves and the bodies (of water, matter or biological systems) they go through. You can try to resist the wave, you can modify it, you can amplify it, or you can diminish it.

That is also the real meaning of what some traditions mean by rebirth. There is no "little you" moving from one life form to the next. After death, a body breaks down in its components and returns to nature. What keeps moving are waves. Yes, they can give an imprint to the next life form receiving them, and such an imprint may be stronger at birth. However, the waves that life form decides to attract become more and more important over time than the waves it received at birth.

Are there measurable waves?

Yes. Waves are measured by frequency (the number of times an event occurs within a given period). The unit of frequency is the hertz (Hz): 1 Hz means that an event repeats once per second. 2 Hz means twice per second, etc. We measure wavelengths (the distance over which the wave's shape repeats). It is determined by considering the distance between consecutive corresponding points of the same phase. For example, by measuring the distance between the two highest consecutive crests of a wave, or the two lowest consecutive troughs. We measure amplitude (the distance from the equilibrium point to the highest point of a crest, or the depth from the equilibrium point to the lowest point of a trough). The wider the amplitude, the more energy is used in the system.

You can apply these measurements to sea waves. Or much closer to you: to your brainwaves. Together we'll see some applications of brainwaves for BioHarmonizing later on, as part of the "Being Active and Attentive" chapter.

It is possible that scientific research will be able to measure the waves received through our all our five senses. This has already been done for hearing: the sound waves travel through air to our ears, stimulating our eardrums, etc. For seeing: the parts of the electromagnetic spectrum (energy that moves through space at different wavelengths) that we can see (light) and the ones we cannot see with our

eyes. For smelling: with the emerging vibration theory of olfaction.

Similar approaches, based on a spectrum of values (for example: between 0 and 1) whose vibrations we perceive, instead of dual approaches (0: not perceived by our senses, and 1: perceived), may be extended to touch (with values ranging from hard to soft, with anything in between) and taste.

We now understand that there is more than the Newtonian world we have been told to focus on. In that world, a particle is there, or not. One statement is true, or false. You are happy, or you are unhappy. You win, or you lose. It is a binary world, 0 or 1. It is a digital world.

We are opening ourselves to the possibility of a Quantum world. Waves have a frequency and amplitude. There are probabilities for one statement to be true, or false. In very few cases the probability is 0 (impossible) or 1 (certain), and these cases tend to be very narrow and specific. You do not need to be happy or unhappy, you can be 0.8 happy, or 0.2 happy. It is a world with a spectrum of opportunities, probabilities, from 0 to 1. It is an analogical world.

It is some times said there is a duality in a Quantum world: depending on the presence, or lack, of an observer, elements behave like particles or waves. One way to untangle this apparent duality is to understand what is the source of particles and waves: energy. And let's not be

blind to a third: there are also membranes. Volatile energy is perceived as waves, like water at over 100 degrees Celsius becomes steam. Solid energy is perceived as particles, like water when liquid. Condensed energy is perceived as membranes, such as water being called ice at 0 degrees Celsius.

Funnily enough, when we were living in a world based on analogical technologies, we were able to measure the world only as digital (yes or no, right or there, there or here). Now that we live in a digital world, with the power of computers etc., we are able to measure the world in analogical terms (degrees of appropriateness, etc).

I just want to know one thing. Who am I?

You are not the dysfunctional narrative you are telling. That is ever-changing. You are not the functional narrative you are telling. That is ever-changing. You are not the one creating the narrative. That is an ever-changing, impermanent group of aggregates.

You are the space where narratives and everything else unfolds.

Are we living in a world of infinite opportunities?

We live in a world of possibilities. You can assess the probability of the possibilities you see. Of course, this exercise often turns into a self-fulfilling prophecy unless you can be unattached to what you assess. Just remember: unattached does not mean disconnected. Unattachment

means that you do not identify yourself or the world with the forms it takes now. You are still connected to whatever you are observing, as you are to everyone and everything else.

In the past, we were told by some scientists that everything was determined. If we knew the rules that govern the Universe and apply them to our current situation, then we would know how everything would unfold. Then, we were told everything is chaos. In both scenarios, we had very little influence on what happens.

Then a paradigm shift happened: we live in a Universe where different events have different degrees of probabilities. If I toss a coin, the probability of getting heads is 50% and the probability of getting tails is 50%. This we always knew. Now, a similar principle applies to our daily lives. But we are not objects. If three people would like to become engaged to the same partner, what are their odds of making it? Not 33% for sure! Maybe one person is kinder and smarter, and this appeals to the potential partner, so he/she has a 50% probability of success. Unless one of the few billions of other beings enter the equation . . . and everything changes.

A lot has been written about Quantum Mechanics, which is a dominant scientific worldview. Most of what is publicized to us as the general public is the rudiments of QM, while many more developed hypothesis and even

calculations already exist in this field. One reason for this is that many are still new to the subject, so speakers do not see a reason to enter into details when the topic is still new. One reason is that QM is often misunderstood and associated with anything, even if it is neither Quantum nor Mechanics. Write or speak about "Quantum + Whatever" and you get someone's attention.

If you want a metaphor for Quantum Mechanics: think about a crowd at a big, public event. Before the event, people are moving into the building or the location of the gathering. People sing, talk, listen, etc. They clap, they laugh, etc. All of these behaviors are quite easy to predict. People are going to walk through doors, not jump through windows. They are going to sit at their assigned places, etc. However, if you start to look at the individual people, you may notice that many behave like the masses, and some don't. Some may decide to arrive early, some to leave early, some to go to the bathroom. Some fall asleep while other people are laughing, etc. So, the dynamics of the crowd is similar to classical physics: easy to observe, quite easy or very easy to predict. However, the dynamics of each person are very different. And some people behave differently if they are observed, or not. Some are going to take better seats, if no one is sitting there once the event starts. Some may even try to skip the queue or get in even if they should not, but they are going to refrain from this if there is

someone checking tickets at the entrance. So, the dynamics of big groups are easier to observe, individuals are more of a wild card. And the presence, or absence, of an observer makes a difference.

This is an easy metaphor for QM; just be aware that scientific research is much more advanced than this and most of the QM popular explanations you have heard. There are tools to assess the probabilities of different events occurring in this world of possibilities.

What makes a difference in my life?

So, when it comes to human affairs, what really makes a difference in this world of possibilities? Intention (= what you consciously consider as a priority) and skillful (= appropriate) means. Intention, which can be expressed as being Aware and Accepting, Meaningful and Motivated. Skillful means, expressed as being Active and Attentive, Resilient and Respectful, Eating Properly and Exercising. If you want it shorter: intention is a "why", skillful means is a "how", which includes "who, when, what".

Your actions are mainly determined by the interaction among your beliefs, intention and your environment/conditioning. There are other elements at play, for example genetics. However, they are not the leading factors. Do not buy the story of big pharmaceutical companies who want you to take away the power of your intention and environment. Do not believe the story of

genetic determinism. People who tell you that genes determine your lives are either not informed, are misinformed, or are misleading you. Because if you were determined by your genes, your only hope would be to buy expensive drugs. Most of the time you do not need them. Genetics can facilitate or complicate certain life situations. However, the interactions among your beliefs, your intention, and your environment/conditioning are often the key to your well-being.

DNA is often described as a blueprint. Not so. It is more like a music sheet which performers are free to use and modify as they play their instruments. No, the music sheet does not change during the performance (your life). However, the music (your phenotype, the way your DNA is expressed) changes over time depending on the interaction of performers, audience, etc. (your genotype, other beings, your culture, etc.). DNA does not determine who you are. It provides a baseline, and you modify it from there as you live, with your beliefs, attitudes, eating habits, exercise routines, etc. Yes, there may be extremes, where a person is extremely likely — and another one extremely unlikely — to have certain characteristics, due to the DNA. But these are extremes. Even when our knowledge of genetics and epigenetics is greater, in most cases we'll be able to create scenarios and assign probabilities to it.

Are good intentions all that we need?

It has been said that the road to hell is paved with good intentions. So let's qualify intention: an aware and active intention is beneficial for your life. A weak, misinformed or fake intention is not beneficial to you.

Many people are seeking the "how" of spirituality. Some of them say they have found it, and may be trying to push it on others. Some people have experienced that there are as many "hows" as people. That's why they are fluid in their approach. They are also aware that what we call "teacher" is not really one, because there is nothing to teach.

Our ultimate nature, being, has never changed and never will change. A so-called teacher could never facilitate the awakening of anyone, unless the sparkle of awakening is present in all of us, at every time.

In light of this, if it is reflected in your subjective experience, you are aware that if you cultivate skillful intentions (the why), then the means (how) will arise. If you focus on the "how", but your "why" is just your egoistic craving for something, then no "how" will take you here.

Awakening is. If we want to qualify it with some pointers, awakening is evolutionary and ongoing. What you become aware of, awareness of awareness, is already here. That is not created or destroyed. That is that it is. That's why the "why" is more powerful than the "how". There are no special skills that you need to allow yourself to be what

you already are. However, you become aware of this once you are aware of awareness.

BioHarmonizing is showing you some "hows". Because that is what people ask for, and because people can benefit from them, as long as these "hows" are taken as pointers and not as a "to do list" for awakening. What arises from genuine awareness is genuine motivation, the "why". As long as you trap your real nature into an egoic, disconnected "why", then no matter the how, you'll not awaken to your real nature.

If the "why" of awakening is because it makes you feel good, it makes you feel better, it makes you powerful, etc., then awakening will not arise.

Once the "why" is to genuinely serve all beings, then every "how" which arises is suitable — serving all beings because we are all interconnected and equal. Even when we are richly diverse on a conventional level, we are all one as our ultimate nature.

What cannot be changed in life and what can be changed?

You are in control of nothing and still you can influence everything. Genetics and assessments provide an approximate value on a spectrum of possibilities, from 0 (impossible) to 100 (certain). The vast majority of events in life are somewhere in between. So remember there is no deterministic result coming from genetics, or any other

assessment, just a likelihood. You can take steps to change such a likelihood. Your baseline stays the same only if you do not take any steps to change it — and, consciously or not, you will also do something that influences it. The baseline is changed if you take action.

What are the energy centers and their interactions?

The centers of vital energy are called Chakras in Sanskrit, meaning "turning". Chakras are always open. A person with a totally inactive chakra would be dead. Chakras can be barely open, open, very open, or too open. If a chakra is barely open, its effect is barely visible. An open chakra can be defined as a chakra that is 50% open; very open is over 50%. When a chakra is too active, it is diverting energy from other chakras and expressing it through itself.

When we are born, usually all chakras are as open as they should be. Chakras usually get less and less open from the top to bottom, as we grow. The top three chakras may close by the time we start to speak. The heart chakra can become less open due to fear of how we would feel if rejected by peers and partners, etc.

With awareness and using some techniques, like vibrational/sound and energy healing, we can balance our energy centers.

Once we find an approach that works well, should we just replicate it over and over again and forget about the rest?

As a species, this is not a good idea. Our environment is constantly changing. If we annihilate diversity just because it seems that, in our current condition, we should all be one way, we deprive our present of the richness of diversity, and we probably undermine our future.

The Irish famine had such a dreadful impact on people because there were only 2 main kinds of potatoes grown in the whole of Ireland. In Saskatchewan (Canada), the causes of drought included cultivation techniques and tools suitable for areas with more rainfall, which resulted in soil erosion. These are just two examples of a selective approach to what "works better", so it can be replicated everywhere.

This is not to say that we are smart because we know these things. It is easy to say this now. We should respect the people who paid the price of the choices made in the past; some were their choices, and some were not. We can direct our awareness to what is happening in our lives as we speak. And we are not even getting started about GMOs . . .

Wait a second. You mentioned we need to be happy now, here, or we'll be happy nowhere. So what's all this concern about diversity in the future?

Well, diversity is richness now, here. It is consciousness

observing some of the forms consciousness can take in our ordinary world. Plus, to allow diversity, you do not really need to do anything. Beings express themselves in many ways, some similar, some very different. To create a gray "average", you need to deprive beings of the traits that are not average. And who decides what is average?

What about the "Middle Way"? Isn't that the way of the sage?

It can be. The Middle Way does not mean that you average out everything. You have skills; use them! You are energy; share it! However, give up pursuing extremes (immeasurable wealth, or the life of a beggar; the nicest person on the planet, or the worst attitude ever; etc.) that make you bounce back and forward like a ball in a pinball: Craving, aversion, craving, aversion — plus the delusion that there is any real difference between the two.

You do not need to procrastinate your awareness until the day you can do a solitary retreat on the peaks of the Himalayas. Wake up now!

I am aware of the importance of cultivating joyful living for the benefit of all. But let's get practical, how do I transform my life narratives?

It can be as simple as asking yourself three questions.

Question one. Is XYZ as you portray it? This is mainly cognitive inquiring, where cognitive means how we process, label, etc. life in our minds. If you want, you can

add some qualifiers to the question. For example: "is life exactly, always as you portray it?" Just be aware that extreme qualifiers, like always and never, have specific psychological values. Statistically, people who tend to use a lot of these qualifiers have narratives that are often inflexible, and so not functional for ever-changing context.

Question two. So what? This is a mix of cognitive and behavioral inquiring, where behavioral means how you are acting about it. You can admit that xyz is very different from how you imagine it. You can tell it is always as you portray it, because you are always right. So what's next? If you like zyx as it is now, what are you doing, if anything? Are you getting attached to it, and this generates defensiveness? If you dislike zyx as it is now, what are you doing, if anything? Do you want to avoid it, and this generates defensiveness? Do you still have the delusion that there is any ultimate difference between craving and aversion?

Question three. Are you ready to move on? How? This is mainly behavioral inquiring. By now you must have understood that the "if only" and "when" mirages are never going to be reached. "If only I would have a happy relationship, I would be the happiest person on the planet!" "When I have more money, I will make donations to people who can benefit from them." Let's be frank, that "if only" is never going to happen, that "when" is always going to be

another day. And in the meantime we miss the present moment. So move on now, by being what you want to be, by letting go of fear and let who you already are shine.

Life is a journey from perceived fragmentation to unity. You are whole at any time, no intermediate steps required. Some steps and narratives facilitate, some make harder, to be aware of it. However, no narrative ensures wholeness or prevents it.

How can I put this into practice?

To keep it simple, list your top 3 values. List your top 3 goals. List your top 3 activities, and how much time you allocate to them. List the dominant narrative you have for each of them. Are they reinforcing each other? Or are they just compatible? Or are they conflicting?

What are you going to do now to align them, if that's what matters for you? If it does not matter for you to harmonize them, are you serious about your values? Or do you just like to feel good by saying you value serving other people, because that sounds altruistic and society nowadays likes it? If you are serious about your values, your awareness is already spacious. If you are not, the only person you are fooling is yourself.

Again, life is a journey that unfolds now: From perceiving ourselves as fragmented (values, goals, behaviors and narratives/cognition are not aligned, and detrimental to each other) to perceiving ourselves as whole

(values, goals, behaviors and narratives/cognition are aligned, and strengthening each other).

“WHYs” are your values. “(For/With) WHOMS” are your social priorities. “WHATs” are your goals. “HOWs” are your behaviors and skillful ways. “WHENs” are your timing and prioritizing. “WHOs” is your sense of responsibility. “TELL ME MOREs” are your narratives.

There is nothing we have to do, or have not to do, to be whole. We already are. There are ways we can facilitate awareness of our wholeness, as long as these pointers are skillful and we are not attached to them.

You can see it as a linear journey if you want; that's already a narrative. First, you see how to become aware of your narratives, the stories you tell to yourself about who you are, what you do, why you are like this, when you did what, etc. Then, you see how functional, or not, these narratives are to harmonizing your values, intentions, etc. Then, you leverage functional narratives, and let it go of dysfunctional ones, with bio harmonizing. Then, together we go beyond narratives and bio harmonizing, to experience life in its ultimate truth. We move along the ladder: taking, getting, receiving, giving, giving without expectations, sharing. Being.

However, it does not need to be linear. If you are stuck with the narrative that it will take time, your awareness of awareness may always be procrastinated into the future. In

reality, you can be aware right now, no matter what your path so far has been.

Why do people often fall back into their old stories, even when everything else changed in their lives?

That's the homeostasis of our narrative: no matter what are the short-term variations in our lives, we tend to return to a comfort zone, the dominant narrative we identify as ourselves. Why? Because that is what we like to think we are, that is the "winner" or the "devil you know" pose. That is the known, the familiar.

This often gives us an excuse for inaction. We will act upon our values once the world is perfect for that, for now we just survive. We do not put ourselves in play. We stay in the safety zone.

In the case of a non-functional narrative, this is at worst drama and at best mediocrity. In the case of a functional narrative, it is "optimal".

Once we move beyond narratives, then we just are: space where everything unfolds, without labels. Until we rationalize it, try to describe it.

From evolution by chance, to conscious evolution. This inner transformation is ongoing, and unfolds only in the present moment. There is nothing you have to do, there are approaches which facilitate your joy within a given context, and some which don't.

What is evolutionary theology?

Evolutionary theology is the awareness that what we call God, Divine, Oneness, etc. is just a name. The same reality has been known under different names along the course of history. Evolutionary theology is just a pointer: God was not born, and has not changed. What evolves over time is the way we describe oneness. That's ever changing: it is influenced by the context we live in, and in turns it influences the context itself by shaping our daily practices.

Religions and spiritual philosophies explain, in their own terms suitable for the time/place they were conceived, Oneness. This means we have all the reasons to dialogue no matter what our faith is, or is not. Truly religious leaders ask for people to live in harmony, because we are all equal, all deserving and all different in our uniqueness.

Why isn't Person X doing this for me? Should I be responsible for Person Y?

Stop blaming others for the lack of harmony in your life. External harmony manifests itself when your inner state is harmonizing. Don't wait for outside factors to take care of your well-being. Take responsibility for your consciousness and for your health.

Some people blame their doctors because they prescribed drugs. Well, if you go and ask advice of a doctor whose background is in pharmaceutical "remedies", you will be advised about which drugs may bring you the results you

want. The same applies to "crystal healers". If you ask for their services, they will use what they know to use, crystals. The ultimate responsibility for your consciousness rests in you. And the same applies to your health, your actions, etc.

People born in religious countries, like Italy, sometimes like to carry their crosses, often in the form of taking over another person's troubles etc. While it is normal for parents to take care of their children while they are yet not able to do it themselves, and it is normal for children to take care of their parents if they are no longer able to do it themselves, in most cases people are able to take responsibility for their actions. The willingness to do so arises **once there are no more babysitters around.**

How can I tell if I am an introvert or an extrovert?

And does it help me in BioHarmonizing?

We can be both introvert and extrovert, depending on our intentions, the place, people we are with, etc. However, there is often a preference towards spending time with many people, or with a few friends. As a rule of thumb: if you get energized by staying with many people, and feel empty when you are alone, you likely are an extrovert. If you recharge when you are in small groups, and feel your energies going out when you are with crowds, then you may be an introvert.

Does this awareness help you in BioHarmonizing your life? Sure, as long as it does not become one more label or

limit to your potential. An extrovert is perfectly capable of being present and forming a deep, meaningful one-on-one connection with a friend. An introvert can come up with some activity, idea or meme that crowds are going to love. Also, when you meet an ex/introvert, that's all you meet. One. See people for what they are now, not as labels. For example, I have always enjoyed conversations in very small groups. And then I "give a talk" or presentation to hundreds of people, and feel perfectly comfortable. However, I have often felt that my energy is drained if I speak in an unstructured environment with many people, because all the stimuli consume my attention. Now I understand that it is OK to just be and speak as little as you feel appropriate, as long as you ensure that the people around you know you like them. In a fast-talking society where most of the people feel they have something to say, to meet a listener is a gift to them. One can place label on the narrative I give here: introvert, etc. And that's OK, as long as it is a bridge to connect, helps other people and is not a wall that feels like something separating beings from each other.

You are mixing timeless spiritual pointers with practical implications. Some of these practical implications for society are not really clear to me. Can you explain?

If you are asking this, now or at a later stage, chances are that you are reading this book well after it has been

published, in Fall 2012. Glad it reached you through what we call time and space.

Many authors prefer to stay general, with timeless references to practical implications. That is a sensitive approach, because in theory it makes the book readable for many generations to come. However, every word is bounded to the time it was spoken, or written. What transcends time and space is the essence, the pointers to which the words refer.

Some of the practical implications of BioHarmonizing, especially the ones related to implications for society, plus some of the tools used for Aided BioHarmonizing, may not resonate with you — due to time, space or conditioning. That does not really matter. Because what you are reading here also contains pointers that may not necessarily resonate with the readers who are my contemporaries, these pointers will become clearer to readers belonging to other generations. Learn to take responsibility for what you read, how you understand it, how you experience it, how you make it part of your life — if you so desire. A book is not a solitary effort. It is a conversation between the author and you. The author of course did not invent anything thanks to his own merit, he is just letting awareness of awareness speak. If, and how, you receive it, that's up to your willingness to let the pointers in, without getting stuck in details your ego can be satisfied with, or argue against.

If I forget everything else about this book, what is the tool to remember?

Fiction books aim to induce a suspension of disbelief. In this way, you can enjoy the plot more.

Here, I advocate, if anything, a suspension of your beliefs. Not necessarily to change them, just to see through them, to see you are the space where they unfold. If you want to take a tool from you, unattached inquiry may be the one.

You can use this book as a gym to practice unattached inquiry. People often suggest not to mix spirituality with what can be interpreted as religion, politics, gender studies, etc. I made sure to include a number of sensitive topics, which may be the mirror of your awareness.

When reading the book, if something starts to kick inside you, you can start a non-dual inquiry. What is really "causing" you to feel one way or another? Is that the book, or your state of mind? Where do you feel this arises? Would it always be in this way, or is it possible that the current circumstances are influencing you in feeling this way? Who reacts to what? Where does the book stop, and your interpretation of it start? Is there a thin line between what is said by an author and the interpretation given by the reader?

You can apply this non-dual inquiry to many aspects of your life, not only this book. When you are happy, who is

happy? Who "makes" you happy? Would you always be happy in such circumstances? Where do you feel your happiness? Why are you happy?

I do not necessarily need to hear why you disagree with the form, the content or the essence of the pointers you found, and will find, in BioHarmonizing. However, if the words you find here touch your values, then please remember I have no pretense to know what is better for you, or for anyone else.

This is sharing, from a being to another.

How do I accept letting go? What am I, if I accept life as it is?

Letting go isn't the end of the world; it's the beginning of your real life.

We are all afraid of a loss. The causes of being afraid are multiple.

Something gives us pleasure, so we do not want to lose it; something strengthen our ego, always eager to find confirmation of how important it is, so we fear that by losing it, we can even lose our identity; someone is important to us, so we want her/him to be with us forever; etc.

The reason for letting go is one: by letting go, we are free.

Free from dependence, from attachment, free from fear, free for life. How many people we have met in our lives,

and how many are no longer with us? Letting go means wishing all the best for them, and letting them go in the direction they set for themselves, if any. How many goals, dreams and targets we set for ourselves, just to give up or, even more common, to realize as soon as we achieve them that they provide no lasting happiness? Letting go means finding inner meaning, etc.

How can we learn to let go? Letting go is a skill we can all nurture, even when we feel it is not part of our nature yet. Meditation can help. While it is always advisable to learn meditation together with an instructor, these are simple steps you can follow:

- pick a situation, person, etc. that you want to let go.
- Start with a very small one.
- sit comfortably, on a chair, in lotus position, etc. Just sit
 - relax your body
 - relax your mind
 - breath in
 - breath out
 - be aware of your breath
 - visualize a soap bubble
 - put the situation/person inside the bubble
 - visualize the bubble going up and down, moved by the wind
 - the bubble lands on a lotus flower, and vanishes

Is acceptance more important than self-esteem?

Being accepting is about accepting what happens, even if it differs from our expectations and wishes — to accept similarities and diversities, opinions, feelings, values, views, etc. Acceptance is made easier by understanding that there is strength in diversity: why should we stick to only one color when we can enjoy the whole rainbow?

Self-esteem is having confidence, and satisfaction with oneself. In Western psychology, it has often been postulated that one needs to develop self-esteem in order to properly relate with the world. But there is not much evidence to support this theory. Understanding the value and values of all beings is certainly necessary to interact with the world; however, giving one's self-esteem a kind of priority over the rest is not an evidence-based approach. Focusing on self-esteem may result in a vicious circle: self-esteem, self, self-interest, greed, feeling disconnected from other people, then the need to reinforce self-esteem, etc.

One interesting research highlighted that youngsters with higher debts also have higher self-esteem. During tough economic times, are youngsters compensating for lost financial support from their parents, or complementing such support, with debt? What does it say about the cost of education (student loans) and expectations about future salaries on one side, and about the attitude of buying things we do not need with money we do not have on the other

side ("lifestyle" credit card debts)?

Or is their self-esteem boosted by the purchasing power made possible by loans and credit cards, instead of real human qualities? Is self-esteem another artificial construct of Western psychology, making people more likely to take on financial obligations that will, likely, be a heavy burden to carry in the years to come?

Can we put our attention on acceptance instead of self-esteem?

Yes! And the good news is: there are plenty of Western psychologists who have already caused a shift in what is considered important to address. Maybe you don't read about them in the pop-psychology articles placed here and there in magazines, with the hope they will drive, subliminally, more sales to advertisers. But you can find them if you want.

Steven Hayes, with his Acceptance and Commitment Therapy (ACT), has been creating awareness about the importance of nurturing acceptance, and then to do what is appropriate to do in one's life situations.

Albert Ellis, with his work including the book "The Myth Of Self-Esteem", states that self-esteem is conditional, while acceptance is unconditional. The conditionality of self-esteem makes us vulnerable and makes it harder to cultivate empathy. For these reasons, he suggests the cultivation of acceptance, and the rating of our

behaviors and traits, and our aliveness, choosing to live healthfully and peacefully. He suggests not rating our overall "worth", because people who assign negative values to it create the self-fulfilling prophecy of poor results. If one really wants to rate overall worth, he suggests rating all beings positively, because we are all in the same boat, and all worthy.

He also invites people to know the difference between needing and wanting, since what we really need is limited, and what we want unlimited. If we let the craving grow, soon there will be little space for empathy and happiness.

3 BEING MEANINGFUL AND MOTIVATED



Aware and Accepting

Meaningful and Motivated

Active and Attentive

Resilient and Respectful

Eating Properly and Exercising



What is the meaning of life!

These pages will bring you many pointers. Some are based on subjective experiences and some, grounded in science. You are here to experience what unfolds, not to learn and certainly not to memorize anything. Even when information is provided, it is just to make easier for you to inquire into your assumptions.

As you already know, we live in interesting times. Many aspects of life are going to change, at a speed unprecedented in human history. And still, every human being at any time in history felt a sense of urgency and uniqueness of the circumstances contemporary to her or

him.

In an avalanche of information, opinions, data, more data contradicting the previous data, etc., what really matters? Yes, **WHAT** really matters. What you do, if anything. And why you do it, which often means for whom you do it. If you are here only to discover something to make your life better, then just take the bad hit at once: as long as you are the center of your universe, the ego is in the driver's chair. And you already know it is going to take you to many places, but not where you want to be: Happy here and now.

Instead of searching for what is in it for you, feel the importance of cultivating joyful living for the benefit of all beings by harmonizing your life. Then, your life will be a lasting, melodic song that brings joy to all. You are part of this "all". You are not separated from it. You are not above or under it. You are it. Once the "why" is clear, the rest unfolds. The "why" becomes clear when cultivating Awareness and Acceptance. The fruits can blossom instantly if you make space for them, or they may take time, if there is stuff that holds their place. In both cases, you will feel them now, here, or feel them nowhere.

Who can tell me what matters for me?

Only you can. You can use AmAre as a tool to understand what is important for you; it is just a pointer. What really makes a difference is the process: you devote five minutes to assess what is important for you. You spend

so much time doing this or that, or thinking about how to do this or that. Now, you dedicate some time to the "why". Once you have your "why", it becomes easier to harmonize your life using the pointers and tools offered in this book.

Remember that the difference between living a life with "value in action", and living a life with "value inaction", is often the difference between joyful living and unsustainable living. The difference between value in action and value inaction is often just . . . space.

For each of the ten components of AmAre, write:

how important that component is for you

how developed that component is

being Aware

being Accepting

being Meaningful

being Motivated

being Active

being Attentive

being Resilient

being Respectful

Eating properly

Exercising

If you want to have more detailed tools to make these assessments, you can refer to "A course in Happiness".



Why AmAre?

People need catchy acronyms to remember new pointers. I use “AmAre” because, even outside Italy, many know it means “To love”. Even if people do not get it at once, when they remember “That's amore”, a song, then it sticks in their memory. AmAre is one word which contains the answer to all the questions: love. Why . . .? How . . .? What . . .? Who . . .? Fill in the answers to your ultimate questions, and the answer is likely to be love. Unconditional love.

However, other acronyms could be used. For example: AwAre. All the components would be the same as AmAre, with one difference, and that is being:

1. Aware and Accepting
2. **Wise and Willing**
3. Active and Attentive
4. Resilient and Respectful
5. Eating properly and Exercising

Really, there is no point in getting stuck with pointers. If AwAre sticks better in your memory, what we called being Meaningful and Motivated can easily be framed as being Wise and Willing. Wise in your choices, and willing to be and then do what it takes to make a difference, which matters for you in the world of form. Being Wise, knowing that cultivating happiness for the benefit of all makes a difference in the daily lives of other beings. And does not

affect the ultimate level, where all unfolds.

4 BEING ACTIVE AND ATTENTIVE



Life can be much broader once you discover one simple fact: Everything around you that you call life was made up by people that were no smarter than you and you can change it, you can influence it, you can build your own things that other people can use.

Once you learn that, you'll never be the same again.

Steve Jobs

"On ne voit bien qu'avec le cœur. L'essentiel est invisible pour les yeux".

It is only with the heart that one can see. The essential is invisible to the eye.

Antoine de Saint-Exupery

Aware and Accepting

Meaningful and Motivated

Active and Attentive

Resilient and Respectful

Eating properly and Exercising

**Are you going to tell me what I should do when I am
active, and what I should not do?**

No. When your actions arise from awareness, you know what to do without having other people telling you what you should do. Many pointers about mandatory and forbidden actions arose from spiritual traditions. They are there to facilitate awareness. However, if you just blindly stick to them or make them part of your identity, then they lose their usefulness. Here, we talk about activities that can facilitate BioHarmonizing. You'll know what you can and can't do, if you allow the course of action to arise from your real nature.

I read this book tells how to flourish and cultivate longevity. Tell me more about the how!

Sure. The how can start from pointing your ordinary awareness towards the pillars of BioHarmonizing. There is no right or wrong answer; there is only your answer now. It can change in another now; that does not matter. What matters is that you are aware of how the pillars of BioHarmonizing apply to your current life.

For each pillar, ask yourself: how important is it? How satisfied am I with what I am putting into this pillar? Please note: this time, it is really about you! Not what other people are doing for you to be aware, etc. Not about "I would be more active if I were in a relationship," etc. It is about you taking responsibility for your consciousness, intentions and actions.

1. How important are being Aware and Accepting for

me? How satisfied am I with my being Aware and Accepting? How important are being Aware and Accepting for me? How satisfied am I with my being Aware and Accepting?

2. How important are being Meaningful and Motivated for me? How satisfied am I with my being Meaningful and Motivated?

3. How important are being Active and Attentive for me? How satisfied am I with my being Active and Attentive?

4. How important are being Resilient and Respectful for me? How satisfied am I with my being Resilient and Respectful?

5. How important are Eating properly and Exercising for me? How satisfied am I with my Eating properly and Exercising?

Write down the answers in the format you prefer. After you have been doing this for awhile, you may want to go deeper into your priorities and how you allocate your energies in order to BioHarmonize what matters for you in life. In this case, you can use "A Course In Happiness", which I wrote years ago as a workbook to assess AmAre and to put it to work for you. Yes, I wrote the workbook before writing an introduction to BioHarmonizing, because the clients I was coaching needed the workbook at once.

The way BioHarmonizing developed, as a joyful approach to bring awareness to clients' lives so they can

find their own answers, is what determined the way the book you are reading was written. Yes, there are questions and answers, which are meant to generate more questions in you, until you feel no need to ask any additional question. Only the present chapter, plus the one about Eating properly and Exercising, are mainly informational. The others are more about wisdom than knowledge or interesting facts. After, what are you seeking? A book or a person dictating to you what to do in every specific life situation? Is it even possible to cover every life situation, explicitly or by inference? Or is it more appropriate to share an approach that makes it easier for you to let what is skillful to arise in your life, not as a reaction to circumstances but as an act of conscious manifestation?

Are there tools for Aided BioHarmonizing?

Yes. External tools, sources and techniques can facilitate harmonizing your life. However, they cannot determine it. They can help you with BioHarmonizing, but they do not cause it.

This is just an overview of tools I use to facilitate BH. They proved safe and effective to me. However, before you use them, please consult a specialist to ensure they are compatible with your current lifestyle. Here you get an overview of Aided BioHarmonizing, more details are available on <http://www.bioharmonizing.org/aided-bioharmonizing/>

BioHarmonizing session: a one-on-one, one hour session, where the clients are enabled to become more aware of what matters to them, then they act upon such awareness and are attentive to the consequences. It can employ other Aided BioHarmonizing tools to support the process.

BioHarmonizing group: a group of peers, with a facilitator but no leader, meet to harmonize their lives and facilitate fellow beings in their path to now, here. It can employ other Aided BioHarmonizing tools to support the process.

BioHarmonizing meditation: to facilitate stillness and resiliency.

Harmonize brainwaves: using monaural, binaural and isochronic sounds to harmonize brainwave frequencies to an intended brain-state, and to harmonize activity in the two hemispheres of the brain. While brainwaves harmonization brings some of the outcomes common to meditation, if you meditate, keep doing it!

Harmonize your heart: to facilitate relaxation, awareness and skillful action in your life.

Harmonize your chakras: as mentioned, chakras are energy centers in your body. They are always open; otherwise you would not be alive. However, some centers may become hyperactive, at the expense of other chakras that become hypoactive. In some cases, you can really feel

that people are connecting with the outside world only through one or two chakras. That's easier to see when you have two people interacting with each other, and one is very physical, and the other lost in her/his mind. Chakras can be harmonized with energy healing, and with sounds, following a tradition dating back to the Pythagorean schools in the ancient Greek colonies in south Italy.

Harmonize your body: by taking "super-foods" like Moringa Oleifera. Quoting Dr. Oz, who featured Moringa tea on his TV show: "The leaves of the Moringa Oleifera tree . . . are extremely nutrient-dense. They contain three times more iron than spinach and are loaded with tons of other vitamins including vitamin C, vitamin A, calcium, and potassium, as well as powerful antioxidants".

You also harmonize your body by using powerful components provided by our Earth, like Dead Sea salts and mud, which are beneficial for your skin.

Listening to the wisdom of Ayurveda and Traditional Chinese Medicine, and using their herbs and techniques helps you to enjoy the science and art of living. And essential oils and incense help to harmonize your mind.

Please note that none of these BioHarmonizing facilitators is to be considered necessary. And they are not a substitute for the inner BioHarmonizing. They are here to help. It is not enough to rely on them to harmonize your life, without any commitment on your side. Your awareness

and intention are required.

Why does it matter to be attentive?

Everything in our life changes. The Greeks said we'll never cross the same river twice. Why? Because even if the label we use, for example, the name of the river or of a person, stays the same, the structure of what we labeled is ever changing. This will become even more evident when we cultivate longevity. Do you really think the person you were at age 5 is the same person you are at age 120? If so, there may be a strong identification with a label, because even the form that you have has changed completely over that time-span. Identification with concepts and names can last even longer than identification with form. You see that the form changes, but you may not be aware that even concepts change over time, simply because your memory is not as photographic as you would like to think it is. If I asked you, when you were 5 years old, to define what "good person" means to you, and then asked again at age 120, do you really think the concept did not change substantially over time?

If you are not attentive, you may just end up stuck in your old habits. Maybe you moved from one city to another, or from one country to a new one. How long did it take before you became aware of the ways people live in your new location? And how long did it take before you adapted yourself, or decided it was not

acceptable/interesting and moved to another place?

Evolution (meaning change) rewards the adaptable ones. And there is more than one way to adapt to the present moment, and to change what you are committed to change. Being attentive helps you in the process. And what is skillful now here may not be skillful next year in another place. We have certain behaviors in the now. If we get attached to such behaviors when the future becomes the now, then we are using old habits for a new present. If we are aware that we are the space where behaviors, thoughts, actions, etc. unfold, then we can transform ourselves to live in an ever-changing environment. If we identify with certain behaviors, shut down our attention and just pretend nothing has changed, then we are not adaptable, meaning we are at the mercy of external circumstances. If the context where we are is still rewarding, or at least not penalizing, our behaviors, then we are OK. If not, we perish or suffer.



Can we BioHarmonize our societies?

The good news: we are all one! There is no such thing as being disconnected. Our roots are always shared with all. If not, we would not be. So yes, it is possible to BioHarmonize our societies.

In the past, there were experiments in changing societies from the top down. Change the system, and people will change. That was the guiding principle. The problem is: who decides what needs to be changed? And what do you do when other people do not see the value, or even oppose the change you want to bring?

While there is a mutual and influential relationship between people and societies, the change starts on the personal level. The first step you can take to harmonize societies is to harmonize your life. Other people will be touched by your vibrations, and they may decide to harmonize their lives, too. The practical steps they take, and the results they get, may be different from what you consider to be advantageous for you. That's an opportunity to practice acceptance and respect!

The bad news for your ego: your ego is not all that is! So, if you let your ego attempt to define harmony for societies, then it will just become a game of coercion — to convince, manipulate or force people to change societies in the strict ways you want them to. And guess what? Probably that's not going to happen, and your ego will suffer.

BioHarmoizing arises spontaneously when:

- we stop assuming everyone has, or must have, feelings etc. similar to us
- we acknowledge the value of all creatures, their

feelings, etc. as they are

- we understand that our map of society is not the territory

- we stop operating on autopilot

- we stop labeling as "wrong" anyone who seems different from us

There is no "ego-proof" model for society. Let go of the illusion that, once we change this or that, society will be perfect in your own terms. Society will always be an expression of the people who make it, and at the same time will influence the people who feel they belong to it.

Capitalism fooled us to believe it is the most efficient model for societal control, hoping we ignore the evidence. There are many aspects of our societies that are very inefficient, for example, mass oil consumption. Big Pharma is often behaving like a real drug dealer. Corporations mass-producing food, instead of growing it, are poisoning people with cancerous and addictive substances hidden under creative names. And the list goes on and on.

So why does it happen? Because capitalism defines efficiency in terms of today's profits for the financial elites. The present costs for people, and future costs for society, are just externalities (= side effects).

And please don't think I am advocating some utopia as a solution to our situation. Communism used people to put a new elite in charge. It decimated minorities and

exterminated opponents. Despite all the narratives about people's power etc. it has done so with the use of military force, often replacing sick, detrimental models based on aristocratic elites with sick, detrimental models based on political elites.

Let's not kid ourselves. Both free market and collective models would have worked, if the big egos had not gotten in the way and turned them into capitalism and communism. However, every "top-down" model that is forced onto people is doomed to end in blood.

The real revolution starts in you, right here and now, in the way you see, interpret and relate to all. Forcing changes onto societies, hoping they will change the people forming them, is like throwing buckets of the waters from airplanes, hoping that it will have the same effect rain has on the land.

Be vigilant. The change starts on a personal level. With a growing number of people awakening, social responsibility becomes stronger and easier. However, while we cannot make anyone awaken, we have choices: we can just do our own thing, and let other people be. This is already better than creating troubles for them. Even more wisely, we can be positive agents in facilitating a constructive environment for all, without forcing change on other beings. This is a social dimension of BioHarmonizing.

Are matriarchal societies a heaven on Earth, and patriarchal societies the sum of all evils?

According to historic evidence, many of our ancient societies were matriarchal. The feminine principle was the dominant one. Over time, the balance changed, and the masculine principle dominated.

Nowadays, we are blessed with expanded awareness about the importance of the feminine principle, and how we can benefit from expanding it again. Of course, the masculine and feminine principles are always here, always were and always will be, even if sometimes they are in a latent state.

Some narratives say that when the feminine principle was dominating, something must have happened on the evil masculine side. Maybe by force and coercion, the masculine principle took over. While this is possible, it is more likely something went out of balance with the feminine principle; yes, there can be too much of a good thing. So by reaction the masculine principle bounced back.

Now, we can choose to cultivate and appreciate both our feminine and masculine principles. Neither of them is better than the other. They are equal. They are in dynamic balance, not static. It is important for men to cultivate both their principles, and so it is for women. At the same time, if men feel more natural manifesting their nature mainly as masculine, so be it. If the majority of women feel more

natural manifesting their nature mainly as female, so be it.

In these times of transition, it is important to remember the value of both, and facilitate the growth of the principle that has been marginalized for too long, mainly because of fear on the masculine side. However, going from a "left brain" world to a "right brain" world is not the answer. The answer is the appreciation of the dynamic balance of both.



What can I do now to harmonize society?

Instead of waiting for major opportunities to change the world ("if I would be the President, I would do this and that!"), start from where you are, now. Start from yourself first, from your family, your circle of friends, your community.

You can be more attentive to what your family and friends say. You can facilitate a Meetup to make space for people to be their real self. You can volunteer in your local community.

Conscious change is facilitated by three main components, all of which are provided by people and not by things:

- inspiring people: invite and listen to inspiring people. They can be members of your community and also famous people. In our case, in our gatherings in Vancouver, we

listen to recorded talks by Eckhart Tolle.

- inspiring pointers: brought by the already mentioned inspiring people. The inspiring pointers we make space for during our gatherings include Eckhart's teachings.

- a supportive community: the people taking part in the gatherings. We cultivate such a community by word of mouth, Meetup.com, Craigslist, etc.

After all, these three pillars are not so innovative. These are the 2.5 millennial-old pillars of skillful living:

- a buddha: seen as the expression of the potential we all have

- a dharma: a representation of what is, which is listened to without becoming attached to the words it is expressed through

- a sangha: made by beings who willingly share presence.

Can we rely on history?

Do you really think the history you read in mainstream books is a fair, likely representation of what happened? Have you never wondered why there are often so few known alternative narratives about our history? And still, there are dozens of versions about something that happened yesterday?

It should be easier to determine what happened recently than what happened centuries ago. Yes, sometimes archives are released fifty or more years after the death of important

people. These archives can give a comprehensive view of history . . . from the perspective of the person who wrote them.

So, what do we study when we study history? We study how history has been interpreted, and sometimes manufactured, today. As long as we know this, we can put words into perspective.

Can we rely on contemporary examples?

Yes! We can take our inspiration from the sages of all ages. However, the people we can communicate with are our contemporaries. We can interact with them, often directly, without the baggage of centuries of wordy abstractions about what this or that person did and meant to do.

There are several examples of people and movements we can take inspiration from. They include Kin's Domains (eco-villages) inspired by Vladimir Megre's Anastasia books. They are especially popular in Russia; it is said there are over 150 Kin's Domains with over 100 families living in each one. Russia has a long and successful tradition of "Dachas". They are often used as summer houses by urban residents (about 50% of Russian families living in large cities have dachas), to enjoy the peace of the countryside, gardening, and growing their own food. Some dachas have enough land to provide families most of the food they need. Some have small plots, cultivated more for fun than for

necessity. In any case, they allow direct contact with nature. And they have been a source of healthy food when the country was in unstable conditions. Kin's Domains are inspired by this wise Russian tradition, and they go much further than that, creating a space of love and community with all beings. The Anastasia series is credited with inspiring most of the Russian eco-villages, which in turn inspired Kin's Domains all around the world.

When people gather to cultivate land and communities, some practical questions arise. How is the land distributed? Who owns – and pays – for tools? How are profits shared? etc. One well-known approach to these questions is given by Kibbutzim in Israel. A less known approach is offered by Moshavim, where tools and distribution expenses are shared by the community, and plots (and their revenues) are owned by individuals. Plots usually have the same size.

No matter which model a country takes, food is becoming an emergency; many are worried that future wars are going to be fought more for food and water than for oil. It is a fact that many countries are buying up land in Africa to edge future food shortages at home. What they may underestimate is that, with rising oil prices, bringing that food back home will be very expensive. And local people may question the rationale of growing food for foreigners, when they own children are starving.

In countries that have substantial availability of land,

land distribution may be a no-brainer. Saskatchewan has already experimented with this. Of course, we are not talking about giving away prime land for nothing so that people can build expensive real estate on it. Land distribution is about assigning fertile plots to families who commit to work it. Often the land is off-the-grid, and far from urban areas. This ensures that people have food, and it contributes to national security more than adding some more expensive missiles to the existing arsenal.

Some people are afraid that land distribution means Communism. What they have decided to ignore is that widespread ownership of private property is exactly one of the main deterrents to Communism. People who oppose land distribution may have their own reasons to do so. In some cases, they fool themselves it is fair to hold excess "private propriety" in their hands, and leave "public poverty" to others.

What's the ultimate slavery?

"No man can put a chain about the ankle of his fellow man without at last finding the other end fastened about his own neck", said Frederick Douglass. If you are the one trying to put chain on other people, you are probably doing so out of fear. And the hard truth is that you are becoming as enslaved as the people on whom you inflict pain. They may be enslaved by a person, but you are enslaved by your ego, which makes you blind. They are in pain, but they can

at least blame you. You can blame only yourself, and you know it. And that awareness is digging deep scars in you.

The more things you have, the more things own you, unless you are detached from them. If you "have it all", you are also owned by all those things. Your daily life is certainly sweeter than the one of the average Joe and Jane who have to face adversities, but the adversity you face is the one you created for yourself.

The more power you have, the more power holds you. That's ultimate slavery: belonging to the elites of the world, and being slave to the research for more ways to keep other beings enslaved.

Break the chains you keep on your fellow sisters and brothers, and you are freeing yourself.



Is it a good idea to mention my accomplishments and merits?

To answer your question: it depends what in you is asking this. If the ego wants to boost the story it tells about itself, no.

If mentioning your accomplishments and merits is appropriate for a given situation, yes, especially if it is beneficial to all. An extreme example: you are a doctor; a person feels very ill and starts to panic, wondering what is

happening to him or her. You have treated similar cases, and you likely know how to proceed. In this case, it is advisable to mention what you did, because it reassures the person you are helping.

Another case is about "spiritual gurus". In some countries, people tend to take people seriously only if they embody the external attributes of what they think is a wise person. It can be anything from a long-beard to wearing certain colors for robes. To comply with their expectations can be a good thing, as long as you do this to benefit all, not your ego.

The qualifying statement for this is: as long as you do not identify with the story you tell when you mention your merits. If that becomes your identity, then it just becomes one more toy for the ego, and you lose flexibility.

I want to do more! From whom can I take inspiration?

You can take inspiration from people around you. No, they may look not as perfect as distant, idealized role models do, but they are near you, and their beneficial influence is easier to perceive.

You can also take inspiration from Eckhart Tolle, Neale Donald Walsch, Maharishi Mahesh Yogi, Ramana Maharshi, Aldous Huxley, St. Francis, Thich Nhat Hanh, Barbara Marx Hubbard, Dan Siegel, Vladimir Megre, Ed Diener, Martin Seligman, Steven C. Hayes, Russ Harris,

Rabash, Richard Davidson, Mordecai Kaplan, Tony Nader, Roberto Assagioli, Rumi, Luciano De Crescenzo, Alexander Chayanov, Paul Wong, Viktor Frankl, Luciano Ligabue, Peter Ouspensky, George Gurdjieff, Jorge Luis Borges, Pablo Neruda, Ray Kurzweil, Rick Hanson, Martin Buber, Seth Godin, Paulo Coelho, Tal Ben Shahar. I certainly did, and I am grateful to them for this.

5 BEING RESILIENT AND RESPECTFUL

III

If there's a remedy when trouble strikes, what reason is there for feeling dejected?

And if there is no help for it, what use is there in being glum?

Shantideva

"Emotion works with cognition in an integrated and seamless way to enable us to navigate in the world of relationships, work, and spiritual growth. When a positive emotion energizes us, we are better able to concentrate, to figure out the social networks . . . In these cases emotion is neither interrupting nor disrupting, as the 1970s view held; it is facilitating."

Richard Davidson

Aware and Accepting

Meaningful and Motivated

Active and Attentive

Resilient and Respectful

Eating properly and Exercising

What are resiliency and respect?

Resiliency is the capacity to bounce back when an external situation, its interpretation, and/or our inner state is not beneficial to us. Being resilient does not mean to grow a thick skin. As a resilient person, you may still feel discomfort, etc. Instead of being overwhelmed by it, you are still able to be and act skillfully.

Respect is having the ability to make space for other beings. It is more than letting them be or merely tolerating them. You can respect people even if you do not necessarily share their values or opinions. Respect can blossom into appreciating and embracing all beings, because who you really are sees itself in who they really are.

Resiliency and respect go hand-in-hand. They balance each other, and they also facilitate each other. Resiliency without respect can turn into rudeness. Respect with resiliency can become servitude.

As usual, stay vigilant. If tough people think that what doesn't kill them makes them stronger, good for them. But that hard skin is not resiliency. There is a nation in the world that comes to my mind when it comes to resiliency. That's Estonia. Estonian people are peaceful and often humble. Their land has no real natural defenses; that's why they have often been subject to external invasions. Still, they managed to keep their culture and to challenge the

monolithic Soviet Union — not by cheap talking or empty threats, but by peaceful action. And by singing. They initiated the fall of the Soviet Union, being the first government to demand autonomy in 1987, well before the Soviet Union disintegration in December 1991. They inspired similar movements in the Baltic States and around the former USSR Countries. You can check out the documentary "The Singing Revolution" if this is something you want to know more about.



Is pain necessary? Should we be resilient even when we suffer a lot?

There are many sources of pain. Biological: for example, when it is so cold outside that you feel discomfort. Psychological: you may see the wind and ice outside of your window, feel a breeze along your spine, and think you need to dress warmly today. Pathological: when your biological and/or psychological sources of pain become dysfunctional.

Then you have suffering: when you identify with your biological, psychological and/or pathological sources of pain.

Pain can be important feedback provided, automatically, to a given situation. If children did not feel pain after

touching a hot pot, they would burn themselves. Without pain, they would not feel the bad effects of burning, but still the skin would get damaged and the body's health would be affected by it.

Psychological pain can be an indicator that the situation in which you find yourself is not beneficial to you, so you can move on. If a person is very impolite, and that makes you feel uncomfortable, you spend more time with people who have a better influence on you.

However, when we start feeling and thinking that we are the pain, then suffering arises. Pain is caused by external factors, and it is a signal we may need to take action. It mobilizes our energies toward something beneficial. Suffering depletes our energies, with a constant draining of our resources.

Yes, when suffering arises, resiliency is beneficial. Time after time, you'll become more aware, and you will identify less and less with the pain arising in you.

Do not ignore pain, for it is often a signal you need to listen to. Do not identify with pain, that's not who you are.

How can I become more resilient?

Stop being self-centered. When something happens and you consider it detrimental to your well-being, very often that's not personal at all, even if you like to think so. The person who you think has been mean to you didn't have you in mind; she/he was probably on autopilot thinking about

her/himself. You just happened to be on the way. We often take situations personally, when the reality – even harder for many of us to accept – is that there is nothing personal. Whoever/whatever caused an unpleasant event may not even know you exist.

And when situations are personal indeed – for example among longtime friends etc. - understand that we are all in the same boat. Very few people act in a deliberate way to cause damage to others; most are just so unaware that they don't know any better.

And when people are misbehaving on purpose, send them your loving kindness. Despite everything, they share the same essence that we all are.

This does not mean you cannot take action. If something unpleasant is happening, you can put your awareness on facilitating healing. If a crime is happening, you can report it and/or take the necessary action to prevent/stop it.

However, remember that the actor is not the action, and is not the narrative you have about her/him or their actions.

A person who feels badly may think that taking some time to crash in tears at home is a good idea. But that's not true. Going out and getting fresh air in nature is a much more effective approach to cultivating resiliency than the usual “poor me” story.

Some forms of meditation facilitate resiliency. You can practice “relaxing” meditations, to temporarily free your

mind and body from stressful states. That allows you to recharge; however, it does not necessarily lower the way stress arises in your life when you are not meditating.

You can practice insight meditations, being aware of your belly rising and falling — and penetrating aggregates and the ultimate reality.

You can connect with your breath; that's always there with you, no matter what.

Where is resiliency located? In the brain?

Cultivating resiliency is a lifelong journey that happens in the present moment. If you tell yourself that you are going to let yourself down and lack respect for other people only in this one instance, and that tomorrow you are going to become stronger, you are basically saying “no” to resiliency. You have no way to tell how you will behave tomorrow; you can only be now.

While resiliency is more than a brain function, thanks to the research of Richard Davidson, we have a wealth of information about how resiliency unfolds in the brain. More resilient people have greater left versus right activation in the prefrontal cortex, even thirty times more activation. The left prefrontal cortex sends signals to the amygdala (often operating as a fear center), instructing it to calm down. In more resilient people, the length of the amygdala activation is shorter. Less resilient people have greater right versus left activation. The length of the amygdala activation is

longer.



How can I facilitate resiliency and BioHarmonizing, leveraging the latest pointers provided by neuroscience?

Social harmonization: People with greater social intuition have high levels of activity in the fusiform gyrus, and low levels in the amygdala.

People with less social intuition have low levels of activity in the fusiform gyrus, and high levels in the amygdala.

Context harmonization: High context harmonization has high activity in the hippocampus, known for its role in forming long-term memories. The hippocampus also has strong connections to the prefrontal cortex.

Low context harmonization has low activity in the hippocampus. People with PTSD have smaller hippocampus, so they have fewer abilities to form troubling memories. The hippocampus also has weak connections to the prefrontal cortex.

Self-aware brain: High activity in the insula, which receives signals from the visceral organs (visceropatic map, similar to somasensory cortex map), marks high self-awareness.

Low activity in the insula marks low self-awareness.

Positive outlook: in people with a positive outlook, signals from the prefrontal cortex maintain high activity in the nucleus accumbens in the ventral striatum. Prefrontal cortex plus nucleus accumbens form the reward circuit, which is kept going.

In people with depression, signals from the prefrontal cortex decline quickly, and so does the activity in the nucleus accumbens in the ventral striatum.



There are some good people who turn out to be difficult to be around. What can I do? Should I just avoid them, or accept them as they are?

Hug them! If appropriate, hug them and feel their skin where it is comfortable for both of you. If it sounds like “granola” advice, listen to it again. When your skin touches someone you care about, you produce oxytocin. It surely makes you feel better, creates more bonding, and may even extend your lifespan. It works with pets, too.

Make sure to respect their personal space and timing. At the same time, if hugging is what you feel prompted to do, you may do it. It’s better in public, just to make sure the other person understands that it is a friendly action, without other intentions. It is very unlikely for two people to hug, or genuinely smile at each other, and argue with each other.

You said that those difficult people are good people, so after all you already know you want to bond with them, you just want to make sure that does not disharmonize your day.

I am in a relationship, and I am the only person who cares about it. Should I be resilient and stay in the relationship, or just move on?

When there is lack of agreement between partners, it may be common to feel that you are the only one “working hard” to keep a relationship going. This happens, more or less equally, to men and women. The funny thing is that sometimes the feeling arises in both partners. Each partner feels as though she/he is the one giving up something in order to make an uncaring partner happy.

I cannot tell if it would be better for you to stay in the relationship or move on. But I can ask questions. I do not need the answers. You may benefit from answering these questions, in a sincere manner, yourself, and then maybe to your partner.

Are you really the only one always making adjustments to keep the relationship going? Don't you ever feel that your partner is sometimes doing the same? If so, why do you make the adjustments? For the well-being of the relationship, for your idealized view of what a relationship should be? For your own benefit, or for the well-being of your partner? For fear of leaving your partner alone, or for fear of being left alone? What is at the heart of your

relationship? Are you moving towards some idyllic picture of how happy couples live? Are you moved by love? Unconditional love? Are you running away from loneliness?

This leaves you with many questions and no answers, other than the answers you can give yourself.

6 EATING PROPERLY AND EXERCISING



"Mens sana in corpore sano"

Healthy mind in healthy body.

Latin saying

Aware and Accepting

Meaningful and Motivated

Active and Attentive

Resilient and Respectful

Eating properly and Exercising

Why does it matter?

We become what we assimilate, and we develop what we exercise. This applies both to our external body, our brain and our ordinary consciousness. Thousands of pages, full of information and advice, could be written about Eating properly and Exercising. However, they would be more accurate when written by a nutritionist etc. Here, I offer you some key pointers, not so much to add to your knowledge, but more to facilitate your inquiry about what you think you know.

Do we become what we eat?

We surely become what we assimilate. Meaning what we retain from what we eat. Nutritious food, like fresh vegetables and fruits, are beneficial to us. Heavily-processed foods are not: they are often stored as fat and they give our digestive system a hard time, because we did not evolve to eat junk food and sit the whole day in a cubicle or on a couch.

We often think that a very active lifestyle demands a very high intake of food. And while age, weight, height, and our physical activity level make a difference in our optimal intake of calories, most of the calories go to support our basic functions. That is, to keep us alive.

To give an example: a sedentary woman (21 to 25 years old) needs 2000 calories per day. An active man of the same age needs 3000 calories. This means 1000 calories are used for the additional physical activity, the rest is used by our brain, heart, etc. to stay alive. The food we eat nourishes and becomes a part of the organs through which we express our consciousness!



Is there universal advice for eating properly and exercising?

No, every person is a different case. However, there are

some pointers that apply, to a greater or lesser extent, to the majority of us.

For example, people who eat a bit less (up to 25%) than what we need to feel "full" tend to stay young longer. This is the case, provided all the other components (exercising, relaxation levels, smoke-free living, etc.) are similar. Of course, this does not mean you should cut your food intake at once. A drastic and sudden drop in calorie intake and rapid weight loss can cause serious health problems.

Interestingly enough, most diets are self-defeating, in every sense of the word.

Our DNA is not affected by the food we eat, is it?

We see our DNA as static. Some people see it as their destiny. They probably ignore the fact that DNA relates to their destiny as much as musical notes relate to a song. DNA does influence our lives, and in some cases in more obvious ways, for example the color of your hair. In some cases, it influences us to a much lesser extent.

Our DNA is transcribed, checked, repaired, etc. many times. Indeed, mistakes (cancerous cells) do happen during our lifetime. For the majority of people, the body is able to identify and heal these issues before they start to spread. The food we eat and our overall lifestyle does influence the way our DNA is expressed, and how capable our bodies are of ensuring that the DNA is healthy.

For example, adequate levels of Vitamin B are important

to repair DNA. Free radicals destabilize our cells, can affect how our DNA is compiled into RNA, and are considered one of the reasons why we age so quickly. By reducing the amount of unhealthy food, reducing our caloric intake and by optimizing the antioxidants we take, we limit the damage caused by free radicals.

Each molecule of the antioxidant binds with one free radical molecule, neutralizing it. For obvious reasons, you do not want to rely forever on an external supply of antioxidants. However, taking a supplement is beneficial as long as you are also finding ways to increase the antioxidants produced by your body.

As a rule of thumb: antioxidants are abundant in vegetables and fruits. Some fats cause free radical damage. These fats combine quickly with oxygen, and free radicals are formed. In addition, raw food is usually richer in Vitamin C and folic acid. It releases energy slowly, so it does not cause a sudden and harmful jump in blood sugar. Cooked food may have vitamins that are easier to digest and absorb, depending on which foods you are cooking. Do your own research and act accordingly.

The Nrf2 protein activates the creation of antioxidants, and protective chemicals to reduce inflammation and facilitate detoxification. As part of the natural harmonizing process known as homeostasis, Nrf2 activates naturally when the body is under high oxidative pressure. There are

other ways to activate it, including intake of Omega-3 and calorie reduction.

Why are many illnesses caused by food?

Historically, human beings changed their diets drastically in a relatively short amount of time. For example, ancient diets included:

- more vitamins, minerals, and protein than today
- carbohydrates (from vegetables, fruits and seeds)

together with fiber to buffer their absorption. Today, our carbohydrates come from other sources and often without the supporting fiber-matrix.

- almost equal amounts of Omega 6 (inflammatory) and Omega 3 fats (which are anti-inflammatory). Today, the ratio is 30 to 1.

- higher levels of Vitamin E, which is an antioxidant that reduces the number of free radicals.

The results? Our bodies are not as resilient and strong as they could be. Eating the wrong kind of carbohydrates (sugar, refined carbohydrates, etc.) pushes insulin levels up, resulting in fat accumulation, stress, and faster aging. When you choose which food you purchase, grow, and eat, think about what it means for your health!

Can you give me an example of a good source of nutrients?

There are many plants that are known mainly to small communities around the world. Thanks to new

communication channels and technologies, we have begun to hear about these plants and their positive effects on our well-being.

Brazil seems to be leading in this area, with Acai Berry and Guarana. A rising star among superfoods is the already mentioned Moringa Oleifera. Moringa originated in the Himalayas, and spread around the World. It is known by several different names, including Malayan in the Philippines and Horseradish Tree in India. Moringa is a healthy source of energy and antioxidants. It has a high-yield, so it can grow sustainably, and small communities can still consume and benefit from Moringa even when they export it abroad.



I don't like to exercise. Should I do it anyway?

Initially, exercising may require psychological, and not only physical, effort. That's when you start exercising after a long time of inactivity. Once you have been exercising for 3 to 6 months, you are going to feel that a part of your life is missing if you are not exercising today. Why? One of the reasons is that exercising improves your mood. It has been said that exercising, and the elevated mood that accompanies it, is our natural state. Humans became sedentary only during the last few centuries; we used to

walk a lot and not sit on our couches in front of the TV. So, exercising and the positive effects it has on your mood is your baseline. Taking away exercising is like putting yourselves on a depressant. I never heard of anyone taking depressants or happiness-repressants. I doubt you would take such harmful medications. However, considering that our habits are often sedentary, we see exercising as one more thing on our to-do list, rather than something we do naturally as part of being alive.

Exercising produces endorphins. You can have an increase of 500% with only twelve minutes of exercise. Quite a generous return on investment indeed! It also produces phenylethylamine. That's the chemical produced when we are in love, or when we eat chocolate. It also lowers cortisol, a stress-hormone that lowers your mood.

Now you understand why exercising is part of our nature, as much as being happy is part of our nature. It is a powerful approach to BioHarmonizing, because it facilitates our joy. And it is a skillful activity which turns into a habit in a reasonable amount of time, thanks to the mood-enhancing chemicals it produces.

If you live in British Columbia, Canada, there is a free program called Active Choices. It is administered by the University of Victoria, Center for Aging, and staffed with volunteers. This means that you can get it for free if you live in BC. I am one of their longevity coaches, so who

knows, maybe you will get paired with me if you join the program for free.

Cool. What about living long enough to be able to live forever?

In the last twenty years, we made giant steps ahead in longevity research and its applications to daily life. If you adapt this knowledge to your specific circumstances, and implement it in your daily now if you are not already doing it, you can add years to your life. Research will progress, and most likely any substantial extension of your lifespan will be facilitated by identifying a few key factors that make a noticeable difference. That is the 20-80 Pareto principle. Pareto was an Italian economist, who noticed that, in many cases, 20% of something accounted for 80% of something else. For example, you may spend 80% of your free time with 20% of the people you know. 20% of your clients account for 80% of your sales, etc. From the scientific findings that have emerged so far, the most powerful steps we can take are epigenetic ones, meaning that unless one's DNA is coded to cause life-threatening diseases, we do not really need to act on a DNA level. Our lifestyle choices, emotions, and thoughts, plus some tactics to work on our RNA (the medium used to transcribe our DNA, and share it outside the cell nucleus) may well account for the majority of life-extension approaches available, for most of us.

If you leverage the strategies available now, you may live long and well enough to be able to benefit from future findings in the field of longevity, and extend your life substantially, instead of just a few decades. If you apply AmAre to your daily life, in this case including calorie intake reduction as part of your Eating Properly habits, then you facilitate your longevity journey.

However, do not wait for new longevity findings to make you happy! By harmonizing your life now, as outlined, you maximize your chances of being here to keep benefiting from scientific discoveries. However, even if you could live forever, what would be the point if you were also suffering forever?

If your state of consciousness is still asleep, you are just prolonging your suffering. So, do not wait for any Fountain of Youth to save the day. BioHarmonizing surely adds life to your years, and this can result as well in adding years to your life. What you do with your life and your years and, even more, how you are with them, is up to you and your state of consciousness. Do you want to live longer to suffer more and to be an agent of suffering for other people? Or do you want to live longer to serve our Universe longer? To share all you are and all you can do? The intention beyond the motivation of extending your life, plus the skillful means you put in place to do so, make a difference. Are you driven only by your survival instinct? Or do you want to

flourish, and not merely survive, for the benefit of all beings? Remember: you are much stronger when you know you are part of the whole. You are weaker when you artificially fragment yourself from the whole.

7 BEING, BEYOND NARRATIVES

6

If we let go of our attachment to history and identification with one narrative, what are we left with?

We are left with our real nature, the canvas where everything is painted, the space that becomes filled by the symphony of our life, the intention to cultivate joyful living for the benefit of all beings, now here.

We are already living in interesting times, which will become more and more interesting. The years to come will see substantial discoveries. Some will reshape our outside world and the ways we live, learn and work. Some will revolutionize the understanding of our biology. For example, by applying computer sciences to biology, we will be able to generate and analyze massive amounts of data. What we decide to do with data and analysis is then up to us. Do we want to use them to leverage our strengths for the benefit of all, and take actions to maximize our health? Do we want to worship them, denying the power of our intentions and actions?

In this book, I shared pointers and tools for BioHarmonizing. Now, it is up to you to expand your awareness and harmonize your life. Remember: each of us

can give a unique contribution to the harmony emanating through the Universe. Are you going to play a part in this collective music performance, for meaningful reasons and in skillful ways?

I belong to the 99%, like all of us here. Is society fair?

The narrative many of us have is: “we live in an unfair society, we cannot be happy at all in this system. Everything will be perfect once we solve the problem with the 1% of society”. This may be true in many situations.

However, is it really always true? Do we really have to wait for external conditions to change to be happy? Then, is it really going to be “happily ever after”? Are problems going to disappear, if the change is external with little internal change? And what can we do now to live in a fairer society?

And what would you do with more resources? Wealth can change people; however it is mainly an amplifier of what already is. If you are a single parent whose priority is to take care of her/his kids, having more resources would allow you to better take care of them and spend more time with them. If you are enjoying life and giving back to your local community, you would probably do the same, on a wider scale. And if you are greedy and trying to squeeze all that you can from other people, you would just keep doing that, with a stronger leverage.

A number of us would do exactly the same, or even

worse, than the 1% if they were given the same powers. Awareness can bring social change; social change without awareness is just a game where the rulers change, but the inequalities stay the same.

I belong to the so-called “1%”. What can I do, if anything, to be active in society?

The narrative of the “1%” may be: “We earned it, we deserve it!” which may be true in some cases.

However, if you belong to the privileged ones, ask yourself: what did you really do to earn it? Is your main merit to have been born in a family that was already rich? In a family with strong business or political connections? Of course, you may also have worked and contributed to your own success. Maybe you could have done that even if you weren’t the son or daughter of those wealthy parents.

The point is that many of the people belonging to this privileged 1% had opportunities that other people cannot dream of. It is like having a group climbing a mountain. You may have gotten ahead with a helicopter lift.

If you really made it yourself, well done! You must know how it feels to be living in hardship; remember the people who are going through that now. They are not so different from you.

What can I take with me from BioHarmonizing, if nothing else sticks?

- Our lives are a journey, from perceived fragmentation

through wholeness.

- We are all in the same boat. Yes, including the person you love the most, and the one who upsets you, and me, and the other billions of beings. We are in the same boat, figuring out what matters for us, how to live in harmony, etc.

- We can give ourselves permission to be happy now-here, or we will be happy no-where.

- There is no final destination, only wholeness in the present moment. We are already whole, otherwise we would not be. Sometimes for some, or often for others, they just lose the awareness of their wholeness.

- Power of narratives: some narratives are functional, some are dysfunctional. External elements are ever changing; the chances are that one narrative which was beneficial years ago, or just yesterday, no longer is beneficial.

- If we give up our identification with one narrative, we are better off. We often fear: "what will I be, if I give up my role as XYZ?" Well, no need to give up anything! Just stop identifying yourself with that role. You are the space where that role unfolds; once you are aware of this, you can be way more than that!

- Law of attention: where you put your attention, there you are!

- Power of sound: our awareness of sounds precedes,

historically and individually, our ability to process language. Sounds that are free from conceptualization (= language) can be a gateway to awareness.

- If it is functional, do it! If you get attached to it, it is no longer functional. Let it go!

- There are many bodies: a biological body, a psychological body, etc.

- Pain is an ally, an indicator something is not beneficial for our biological body. Our biological body is a way we . . . embody ourselves in the ordinary world.

- Suffering arises when our psychological body becomes attached to/identified with something. No, you are NOT the pain you feel, No, you are NOT the one who always wins, or always does not win. Life is ever-changing. You can tell a story about how good, or not, you are at something. What matters: are you good at it now here?

- Anxiety is basically fear of suffering.

- If there is any "always" and "certain" in life, this is rare. Life is a field of possibilities. There are degrees of likelihood, and spectrum of intensity.



Well, thanks for the book. But I am a smart person, and I already know and understand everything you wrote here. Tell me what I really need to know!

Good for you! You already know and understand everything that has been said. Just BE!

You do not need to know anything else. In reality, not even the pointers offered in this book are necessary to be happy.

If you have a practical goal to achieve, or a practical question to answer, sure: speak with experts, do your own research, experiment. When it comes to happiness, just be. There are no experts, no short cuts, no silver bullets. Just the real you.

A covenant with the real I

Many times you have been asked to take oaths, commit yourself, etc. Are you ready now to make a covenant that is the foundation for your entire living? A covenant with the real "I".

"I am living, being aware and accepting, in accordance with my values and motivations, with which my actions are aligned. Being attentive to what is now. Resilient in situations that seem to pose obstacles. Respectful of the feelings of all, and knowing their worth. In a sustainable way for my biological aggregates, which emanate from my spiritual essence. Eating properly and exercising to be able to serve all, at my full potential as it is now, cultivating joyful living for the benefit of all beings".

This covenant does not guarantee you anything, other than you are what you are meant to be. It does not

guarantee you wealth, success, fame, especially if you pursue them for selfish interest. It does not guarantee that people will love you or take you as their example. It just makes possible for you to be a carrier of light, not because you can enlighten other people, but because your light will facilitate them in seeing what they already are. It makes it possible for you to be a frequency holder, so other people can tune in if that's what matters for them. It makes it possible for you to be.

Take this covenant now, or never. Your daily life, with its many faces, will be the sealing of this everlasting covenant.

8 CONCLUSION

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What can I add to what you have already read so far? Nothing. I drafted (in my head) a few conclusions, and then I let them go once I understood there was no need to reinvent the wheel. What Eckhart Tolle says in the following paragraphs is more powerful than I could have ever written.

May his words dissolve any illusion, attachment or misunderstanding that may have arisen while reading this book, and while living.

||| ||| |||

Eckhart Tolle

Energy can come from different levels of yourself. It can be mind energy, and it can come from a deeper level. In this situation here, there is also an energy flow. That's a very fine energy, it comes directly out of stillness. It has no form. It is formless.

Source energy. And that can activate that very same dimension in you, and that's what it does. It activates the same frequency in you, that is the formless source. The unmanifested.

Now, we can ask: "how can the unmanifested become

manifested? And that's no longer the unmanifested, because it is now manifested". But that's philosophy. All we know here is that it happens. It activates in you that, in you. Or, in many cases, that dimension in you has already been activated. That's the reason why you are here, everything which is happening is a deepening. And that's why it is very pleasant to be here.

The energy of presence deepens. Now, in between the unconditioned and the physical and the mental, there are other energy frequencies. There is a big range of energy which is not physical, the energy which animates the body, like Qi. And that's half way between the formless and the world of form. That's the bridge between the formless and the world of form.



Energy is in you not because it has been given to you, but because it has been activated in you.



As we can see, when we look around, the Universe creates life forms everywhere. The Universe loves to create forms, it seems. It can also create forms through the human form. . . .

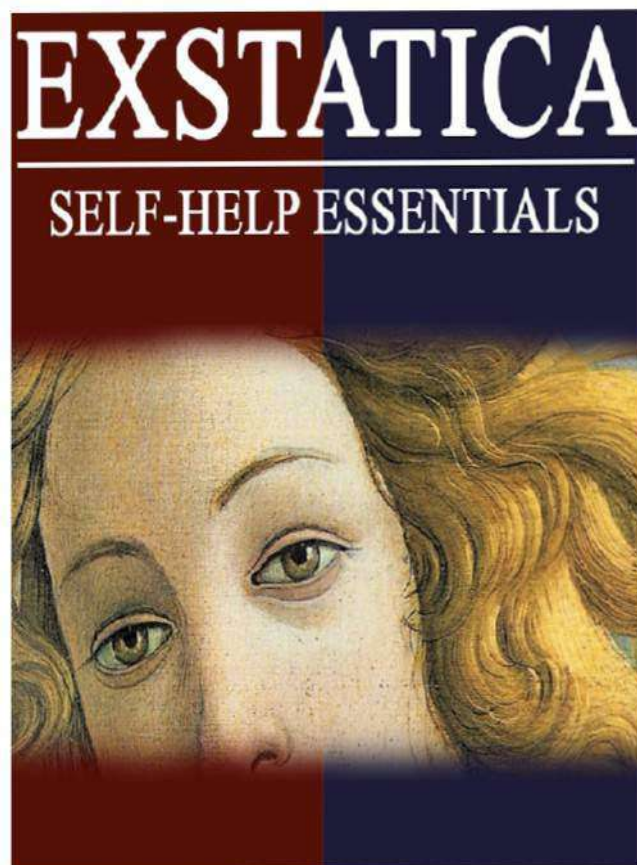
The foundation for creating is resting in presence.

Resting in presence is touching the true source of creativity. The true source of fulfillment and satisfaction, which is not form. But the formless, life itself, the timeless presence that we can call "I am". . . .

That is essentially happiness, if we want to use that word. It is aliveness and fulfillment.

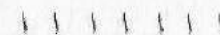
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WHAT'S NEXT?



If you enjoyed reading this book, please suggest that your local library offer it to its readers. Contact your local bookstore; mentioning this book would be beneficial to their clients. Post your review on online bookstores, etc. In this way, you contribute to sharing the message, in your area and in the world. BioHarmonizing can reach people only if you want it to! Thanks!

Just take a breath, and be. This is all you need to do now to facilitate your awareness.

If you want, there are other opportunities available for BioHarmonizing. They are very beneficial, but not necessary. You can take a BioHarmonizing course (<http://www.bioharmonizing.org/bioharmonizing-courses>), have a one-on-one BioHarmonizing session (<http://www.bioharmonizing.org/bioharmonizing-session/>), and use some BioHarmonizing tools (<http://www.bioharmonizing.org/aided-bioharmonizing/>).

Please consider sharing time with, and if possible donate to, these associations with remarkable causes:

Cancer Research and Patients Support

American Cancer Society: <http://www.cancer.org>

Associazione Italiana per la Ricerca sul Cancro: